

Take a closer look at **Health Focus**

Help your employees stay  
focused on their health



# Our Health Focus assessment encourages your employees to focus on how they can be healthier, with the opportunity to discuss any concerns with a doctor.

Through a core set of tests and measures, Health Focus is designed to both identify key health risks, and offer clear directions towards a healthier lifestyle.

It provides a general doctor examination and a consultation with a Bupa doctor of up to 30 minutes, giving your employees an opportunity to discuss any specific health concerns they might have.

## What's included:

- A core set of tests aimed at identifying key health risks
- Directions towards a healthier lifestyle through access to Bupa Boost and lifestyle support after the assessment
- A consultation with a Bupa doctor for up to 30 minutes

## Who's it for:

Health Focus is available to anyone aged 18 to 65 but designed with those under 50 in mind.

**Collective data is available to you as top-line reports of your employees' health\*. The reports can provide a valuable insight about your workforce, helping you shape a more effective wellbeing strategy.**

## Total assessment time: 1hr 30mins

### Health Adviser

30 mins Tests

30 mins Review

### Doctor Consultation

30 mins Consultation

### Price

£418

**+** The following optional health tests are available at an additional cost;

#### Colon CT scan

For employees aged 45 and over wanting to be tested for early signs of bowel cancer.

#### Coronary CT scan

For employees aged 45 and over wanting to check for early signs of coronary heart disease.

#### Mammography

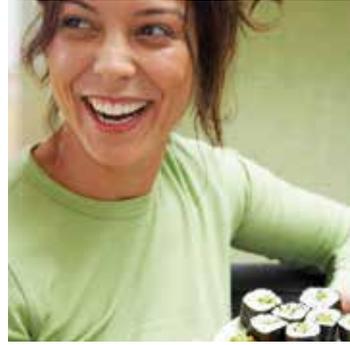
For females\*\* who want an x-ray examination to screen for any changes in the breast tissue, in order to detect the presence of cancerous cells.

#### Advanced fitness test

For employees aged 18 to 70, wanting a greater understanding of their fitness. The advanced fitness test assesses the efficiency of the cardiovascular, respiratory and muscular systems in response to exercise.

\*Based on minimum of 30 employees having health assessments due to data protection and employees' right to remain anonymous. 100+ provides extensive report.

\*\*Subject to age eligibility criteria



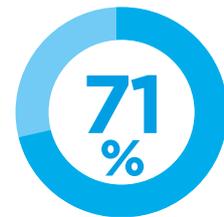
## Supporting your employees at every step

### 1 Pre-assessment

- Online questionnaire
- Access to our new mobile app, Bupa Boost

### 2 Assessment

- An enhanced set of core tests and measures which aim to identify key health risks and lifestyle habits
- Review and discussion of test results and minimising health risks for the long term
- Doctor consultation for up to 30 minutes



71% of people were prompted to make positive lifestyle changes following their health assessment<sup>1</sup>

### 3 Recommendations

- Lifestyle consultation and guidance towards healthier choices
- An assessment of the employee's confidence and motivation to change, with an action plan of practical goals to help improve their long-term wellbeing
- Employees can review their assessment results in detail online as well as any action plans discussed

### 4 Ongoing support

- Follow-up support with a Bupa health adviser at key milestones after the assessment
- Continued access to the Bupa Boost mobile app, to track results and monitor progress 24/7, and keep the employee engaged with their health journey via health information, tools and calculators
- 24/7 access and unlimited telephone consultations with our team of GPs and nurses, via our Anytime HealthLine

# Health Focus tests and measures in detail

## Lifestyle

- Lifestyle assessment (smoking, alcohol and sleep)
- Mental health and stress indicator
- Anxiety and depression assessment<sup>†</sup>
- Musculoskeletal assessment
- Physical activity assessment
- Diabetes risk
- Diet assessment
- Lifestyle feedback and coaching with two follow up interventions with a health adviser

## Heart

- Blood pressure (both arms)
- Cardiovascular risk
- Heart rhythm screening
- Resting ECG<sup>†</sup> (electrocardiogram)

## Body composition

- Height, weight and body mass index
- Waist measurement and waist-to-height ratio
- Body fat, basal metabolic rate and estimated energy requirement

## Blood and urine tests

- Lipids (total cholesterol, high-density lipoprotein, low-density lipoprotein and triglycerides)
- Diabetes HbA1c (glycated haemoglobin - non-fasting)
- Haemoglobin (anaemia)
- Kidney risk - eGFR<sup>†</sup> and kidney risk - ACR<sup>†</sup> (detailed kidney function tests)
- Urinalysis to detect infection, diabetes or kidney problems

<sup>†</sup>If clinically indicated.

For more information, contact your Bupa account manager or intermediary partner

 Call **0345 600 3476**

 or visit **[bupa.co.uk/business-health-assessments](https://www.bupa.co.uk/business-health-assessments)**

We may record or monitor our calls.

## Physical examination

- General examination
- Testicular examination for men<sup>†</sup>
- Prostate examination for men<sup>†</sup>
- Breast examination for women<sup>†</sup>

**Includes a consultation with a Bupa doctor for up to 30 minutes to discuss any health concerns your employee may have**