



# Reassurance for women on the things that matter most

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**Designed especially for women, this assessment focuses on important aspects of female health including breast health and gynaecological concerns.**

Our female health check gives you a picture of your current state of health, highlighting any potential concerns and giving you the chance to talk these through with a doctor.

## **Recommended for:**

- women aged 25 and over

## **Duration:**

- around 60 minutes (30 minutes with a health adviser and up to 30 minutes with a doctor)

## **You'll benefit from:**

- breast examination to check for abnormalities in the breasts
- advice on breast cancer awareness
- cervical smear for those aged 25 and over (in line with NHS guidelines for best practice)
- high vaginal swab (HVS)\*
- human papilloma virus (HPV)\*
- blood tests to check for raised cholesterol and anaemia
- urine test to check for diabetes and kidney issues
- consultation with a Bupa doctor focused on female health

\*If clinically indicated.