



Bupa Onsite Health Check

Peace of mind in 30 minutes



Bupa's newly launched onsite health checks are available for you and your employees in the comfort of your workplace.

By learning about important health risks and helping employees to manage their health effectively, they can become less vulnerable to illness, both in the long and short term.

Bupa has developed onsite health checks that will give you the opportunity to engage the wider workforce in their health and wellbeing.

Bupa health advisers can deliver fourteen, 30-minute onsite health checks a day. Bupa will provide all



testing equipment and associated consumables, related literature and booking sheet templates. Bupa will also give results back on the day.

Medical tests

The checks include:

- height and weight measurement
- height to waist ratio
- body mass index
- blood pressure
- body fat percentage
- blood glucose
- lung function test
- full cholesterol blood test
- results review and lifestyle advice - with results given on the day

For more information call **0845 600 3476*** or contact your Bupa Account Manager or Intermediary email wellness@bupa.com or visit bupa.co.uk/wellness

Bupa Wellness, Battle Bridge House, 300 Gray's Inn Road, London WC1X 8DU. Bupa Wellness Health Assessments are provided by Bupa Occupational Health Ltd. Registered in England and Wales no 631336. Registered workplace. Bupa House, 15-19 Bloomsbury Way, London WC1A 2BA. © Bupa 2008. Bupa and the heartbeat symbol are trademarks of the British United Provident Association.

* Lines are open Monday to Friday 9am to 5pm. Calls may be recorded and monitored. BT landline calls to 0845 numbers will cost no more than 3.95 pence per minute. Charges from other providers may vary and calls from mobiles usually cost more.