



## Bupa Allergy Health

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Feeling under the weather but not sure why? Do you suffer from rashes? Does your stomach bloat after eating certain foods? Maybe you have an allergy.

### Why choose the Bupa Allergy Health Check?

Over one in ten people believe they have an allergy or intolerance, but have never been tested.\* Bupa Allergy Health Check uses scientific tests to look for the most common allergies and intolerances.

### Fast results and unhurried advice

With Bupa, you receive your results as quickly as possible. Even better, you have plenty of time to talk to one of our doctors about what they mean. You also receive tips on how to manage your allergy.

\* Source: Food intolerance and allergies UK, Mintel, Oct 2008

0845 604 0612  
[www.bupa.co.uk/wellness](http://www.bupa.co.uk/wellness)



# What's included

After a half-hour consultation with a doctor, you're given a detailed blood analysis, in which you're tested against 34 different foods and 20 kinds of air-borne substances. Once your results are ready, we post them to you - with information to help explain them. We refer you to a specialist if need be. Otherwise, you can return for a follow-up appointment to look in detail at the results of the blood test.



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## Medical tests

### Medical history

Complete a questionnaire about your background and medical history.

### Blood tests

A sample of your blood is taken and tested against the most common allergens. We post you the results.

**Total duration:** 30 minutes with a 15 minutes follow-up if necessary

### Follow-up

You're referred to a specialist, if necessary. Otherwise, you can come back a week after receiving test results to discuss them with a doctor.

### Consultation

Up to 30 minutes with a doctor.

**Time with doctor:** Up to 30 minutes

Call 0845 604 0612\* to book an appointment  
[www.bupa.co.uk/wellness](http://www.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 office, Bupa House, 15-19 Bloomsbury Way, London WC1A 2BA.

\*Lines are open Monday to Friday 8am to 6pm. 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.

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