



Bupa Coronary Health

Wouldn't it be great to know your heart is ticking along nicely? Find out and take charge of your coronary health with our state-of-the-art check.

Why choose the Bupa Coronary Health Check?

Heart disease is the biggest killer in the UK. It causes more than a third of all deaths.* But that doesn't mean it has to affect you. Thanks to our high-tech check, you can get a precise picture of your coronary artery health and, if need be, set about improving it.

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 advice on how to make heart-friendly changes to your lifestyle.

* Source: British Heart Foundation

0845 604 0612
www.bupa.co.uk/wellness



What's included

You'll undergo a heart scan that looks for the presence of calcium in the coronary arteries. This calcium is strongly associated with the presence of atheroma which can cause narrowing of the artery and increase your risk of heart attack.

When you know your 'calcium score' we can advise on further steps that could safeguard your health.



Medical tests

Medical history

Complete a detailed questionnaire about your family background and lifestyle.

Heart scan

A non-invasive scan using X-ray and CT techniques that takes just 15 minutes.

Cardiovascular tests

These check your blood pressure, pulse rate and cholesterol and glucose levels.

Body composition

Your body mass index tells you if you're a healthy weight. Your risk of heart disease is greater if you're heavier than you should be.

Physical examination and consultation

Spend half-an-hour with a doctor.

Total duration: 120 minutes

Time with doctor: Up to 30 minutes

Call 0845 604 0612* to book an appointment
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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