



BUPA FITNESS
ASSESSMENT -
EXCLUSION CRITERIA

The Bupa Fitness Assessment includes a range of tests to review your current fitness levels. To assess the efficiency of the cardiovascular, respiratory, and muscular systems, **the test involves cycling on an electronically braked bicycle or running on a treadmill ergometer so that the workload can be carefully controlled.** Every two minutes the workload is increased with the aim being to get the heart rate up to 85 percent of your maximum predicted heart rate.

Taking an exercise test can affect your health but to minimise this risk as far as possible Bupa uses a series of exclusion criteria.

Please read through the following list of exclusion criteria carefully to ensure that the Fitness Assessment is appropriate for you. If you do have any of the following conditions or take any of the contraindicated drugs listed below, we cannot offer cardio-respiratory fitness analysis. A resting ECG (a test that measures the electrical activity of the heart to see how well it's working) will be taken before you exercise to ensure that there are no problems. If the ECG does indicate any problems with your heart, testing will not be performed until reviewed by a doctor or cardiologist.

CONTRAINDICATED CONDITIONS

The Bupa Fitness Assessment is performed by a trained Bupa health adviser. They will monitor blood pressure, heart rate and cardio-respiratory responses throughout the exercise test. The test does not monitor heart rhythm during exercise.

We are unable to offer a test to you if any of the following apply to you:

- cardiac symptoms eg chest pains, shortness of breath, dizziness, faintness and palpitations
- currently undertaking less than three episodes of physical activity per week (eg brisk walking, jogging, cycling etc)
- if you are over 70 years of age
- myocardial infarction (heart attack) or heart surgery within the past two years
- current general illness including high fever or viral infection within the past seven days
- you are pregnant or up to six weeks post partum
- you have a cardiac (heart) pacemaker

We will also refuse to test you if you have a diagnosis or previous diagnosis of:

- unstable angina
- heart failure
- cardiac arrhythmia including atrial flutter or atrial fibrillation
- left bundle branch block, Wolff-Parkinson White syndrome, second or third degree heart block
- murmur, or hypertrophic cardiomyopathy
- aortic stenosis
- congenital heart disease
- acute pericarditis, myocarditis, endocarditis
- uncontrolled hypertension (high blood pressure)
- uncontrolled diabetes
- aortic aneurysm
- pulmonary embolism (recent or current)
- deep vein thrombosis (DVT) (recent or current)
- uncontrolled clinical anaemia

CONTRAINDICATED DRUGS**

- **Beta Blockers** (as used to treat blood pressure, angina, glaucoma, anxiety, heart irregularities etc)
Examples include:
Acebutolol, Atenolol, Bisoprolol, Carvedilol, Esmolol, Labetolol, Metoprolol, Nadolol, Nebivolol, Oxprenolol, Pindolol, Sotalol and Timolol
- **Drugs to control heart rhythm** (as used to treat some heart problems)
Examples include:
Amiodarone, Digoxin, Disopyramine, Flecainide, Propafenone, Quinidine, Sotalol and Verapamil***
- **Pseudoephedrine*** (as can be found in some cold and cough medicines)
Examples include:
Many cough linctus preparations (always check the label), Benylin, Benadryl, Expulin cough linctus, Bronalin, Sudafed and Nurofen cold and flu preparations
- **Tricyclic anti-depressants**
Examples include:
Imipramine, Clomipramine, Dosulepin, Nortriptyline, Trimipramine, Amitriptyline, Doxepin, Mianserin, Trazodone, Viloxazine, Lofepamine and Amoxapine***

* There are many cold and flu medications containing Pseudoephedrine. Please ensure you check the pack thoroughly or do not consume within 24 hours of your appointment.

** Please seek advice from your GP to confirm if it is appropriate to stop taking a medication before completing the Fitness Assessment

*** This list is not exhaustive. Please check with your GP if you are unsure.