



How to get the most out of your Bupa Advanced Health assessment

In choosing a Bupa health assessment you are taking an important step towards safeguarding your future health and wellbeing.

This checklist will ensure that you are fully prepared for your Bupa Advanced Health assessment - please take a few moments to read it through and don't hesitate to contact us if you have any queries.

We look forward to welcoming you to the centre and will do everything we can to ensure that you are able to relax and enjoy the time that you are devoting specifically to your health.



The Bupa Advanced Health assessment includes the following:

Heart and lungs

Blood pressure, electrocardiogram (ECG), lung function, diabetes and coronary heart disease risk score.

Fitness

Cardio-respiratory exercise test, strength and flexibility assessments.

Body composition

Height, weight and body mass index, body fat percentage, waist to height ratio, and metabolic rate.

Blood and urine

Blood biochemistry profile, blood haematology profile and urine profile.

Sensory

Vision assessment and hearing assessment.

Specific examinations

For women Pelvic and breast examination

For men Testicular examination

Additional tests (discretionary)

- bowel cancer test (for men and women aged of 45 and over)
- chest X-ray (if clinically appropriate)

For women

- thyroid function blood test (if aged 50 or over)
- cervical smear (if clinically appropriate)
- rubella antibodies test (if clinically appropriate)
- mammography (where purchased)

For men

- prostate cancer test (if aged 50 or over)

Your health assessment

The Bupa Advanced Health assessment offers you an extensive assessment of health and fitness combining all the best elements of preventive healthcare - from clinical, physiological and lifestyle perspectives.

Its unique feature is a cardio-respiratory exercise bike test which will examine in detail the condition of your heart, lungs and metabolism.

So that you can be sure of what to expect from your visit, we have listed above the range of tests and investigations that we will be carrying out during your Bupa Advanced Health assessment. These are in addition to your consultation and examination with the doctor.

You may also wish to visit our website www.bupa.co.uk/wellness for more information on the tests we will be carrying out during your assessment.

Please don't hesitate to call your centre if you have any questions or concerns.

This is what you do

Before your appointment

Your health assessment questionnaire

Please complete and submit your health assessment questionnaire online. Alternatively, you may complete the enclosed questionnaire and bring it with you on the day of your appointment.

This forms the basis for your discussion with the Bupa doctor, and the information you provide will help us to understand and address your individual needs.

Prostate cancer test (for men aged 50 or over)

Research is showing that the PSA test may not be as useful in preventing deaths from prostate cancer as was once thought. We no longer include this test as routine. If you are interested in having the PSA test, please read the enclosed leaflet outlining the pro's and con's of having one. You can discuss this further with your Bupa doctor on the day.

Cervical smear test (for women)

This is best carried out in the middle of your cycle. If you are likely to be having your period at the time of your assessment, we will not be able to take a cervical smear and will arrange for this to be carried out on a separate occasion.

The enclosed factsheet will tell you more about having a smear taken.

Rescheduling or cancelling your appointment

If you change or cancel your booking within the five working day period before your appointment a charge will be made. The charge will be £75 up to 24 hours before the time of your appointment. If you cancel or reschedule within the 24 hours before your appointment, or fail to attend on the day, the full appointment fee will be payable.

If your appointment is being paid for by your employer or has been pre-paid, different terms may apply.

Payment

If you are paying for your assessment yourself please ensure that you bring a method of payment with you on the day.

You may pay by cash, cheque (payable to Bupa) or by any of the following credit, debit or charge cards - Visa, Mastercard, Switch, Delta, American Express or Diners Club.

On the day

Diet

Eating and drinking prior to a blood test can affect some of the blood results. You should therefore eat only dry wholemeal toast and drink only water in the six hours before your appointment. You should avoid eating anything during the two hours before your appointment.

Please also avoid caffeine and alcohol consumption in the 12 hours prior to your exercise test.

We will provide light refreshments for you after the test.

If you are a diabetic on medication you should not fast or alter your diet in any way prior to your appointment.

Cardio-respiratory exercise test

Your body's responses to exercise can be affected by recent exercise and smoking. In order to ensure that the information we gather during the exercise test is of the highest quality, please avoid as far as possible any strenuous physical activity during the 12 hours before your appointment and smoking during the two hours before your appointment.

Please bring some exercise kit with you such as a track suit, shorts, a loose-fitting top and sports shoes. Women should not wear one-piece garments such as leotards.

The majority of people will undertake the exercise test. However, for your own comfort and safety, if you have certain medical conditions we may advise you not to have the test.

Please ensure that you read through the final section of this checklist.

Glasses and contact lenses

We will be checking your vision so, if you wear glasses or contact lenses, please bring them with you.

Medicines

If you are taking any medication please continue to do so.

Mammogram (for women aged 40 or over)

You may have chosen to have a special X-ray called a mammogram. You should not use a spray deodorant or talcum powder on the day of your assessment as these may affect the quality of the mammogram image. You may however use a roll-on deodorant without causing any problems.

If you are under 40, the doctor may recommend a mammogram if you have a family history of breast disease, in which case it would be advisable for you to observe the guidelines mentioned above.

The enclosed factsheet provides important information about the mammogram.

Chest X-ray

We do not automatically include a chest X-ray in a health assessment.

Research has indicated that chest X-rays taken on people without any chest symptoms do not provide any useful information and may potentially be harmful because of unnecessary exposure to radiation. Your doctor will advise you on this.



When you arrive

If you have not already completed and submitted your questionnaire online, please ensure that you bring your completed questionnaire with you to your appointment.

When you arrive at the centre you will be greeted by our receptionist who will check our record of your address and your GPs address.

You will also be asked to provide a sample of urine. Please ensure as far as possible that you are able to 'go' when you arrive.

Please try to arrive in good time for your assessment. If you are delayed we will do our best to fit you in but you may have to wait or some tests may need to be omitted. A map is enclosed for your reference.

Children

Please note that we do not treat or have the facilities for children under 18 therefore we request that they do not accompany you to your appointment.

Important information about the exercise test

The exercise test in the Bupa Advanced Health assessment is designed to test your heart and lungs - a cardio-respiratory exercise test. It also measures your aerobic fitness.

The test involves your cycling on a static bicycle and as you do this we monitor how your heart rate and breathing change in response to the exercise.

We aim to make this test as safe as possible for you and there are some criteria which may prevent you from undertaking the exercise test during your visit. These are designed to protect your health.

You may be unable to undertake the exercise test if any of the following criteria apply:

- significant current symptoms like chest pain, dizziness, fainting etc

- raised resting blood pressure above 160/100 mmHg
- resting heart rate greater than 100 beats per minute or less than 40 beats per minute
- recent fever or infection
- any current or previous history of cardiac problems like heart attack, angina, heart surgery, heart rhythm abnormality, cardiomyopathy, heart valve problems, congenital heart disease, heart failure, heart pacemaker and heart transplant
- any current or previous lung problems like chronic airways disease, emphysema, cystic fibrosis, pneumothorax, pulmonary embolism, lung cancer, tuberculosis or active chest infection
- any current or previous neurological problems like transient ischaemic attacks (TIA), brain haemorrhage, stroke, multiple sclerosis or brain tumour
- other serious medical conditions eg uncontrolled diabetes and asthma
- pregnancy or four weeks after pregnancy
- significant abnormality on the resting electrocardiogram (ECG) trace
- problems with muscles, bones and joints and recent injuries
- the following may interfere with the heart rhythm and if you are taking any of these you will not be able to take the bicycle exercise test:
 - cold and cough remedy drugs containing ephedrine and pseudoephedrine
 - drugs that control the heart rhythm, including digoxin
 - tricyclic antidepressants for depression
 - beta-blocker drugs because they alter the heart rate response and invalidate the fitness test

It is very important for you to tell us during your assessment about any recent symptoms and give us full details of your medical history so we can assess your health risks for exercise.