

Your Bupa Essential Health checklist

How to get the most out of your 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 Essential 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.

Before your appointment

Your appointment letter

Please complete and sign the data protection notice on the reverse side of the letter. You will need to bring this with you to your appointment.

Your health assessment questionnaire

Please complete the questionnaire as fully as possible before 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.

Rescheduling or cancelling your appointment

If you should need to change or cancel your appointment, we can do this for a fee of £15, providing you call us at least three clear weekdays before your appointment. A £75 fee will be charged if you give us less notice than three clear weekdays. If you cancel or fail to attend on the day, you will be charged the full price of your health assessment.

If your assessment is being paid for by your employer or has been pre-paid, different terms may apply and these will have been discussed with you at the time of booking.

On the day of your visit to us

Diet

There is no need for a prolonged fast before your health assessment, but you are advised to eat a light diet and avoid high sugar food and drink, including fruit juice.

Please note that diabetics on medication should not fast or alter their diet in any way prior to their assessment.

Medicines

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

Please ensure that you bring both your completed appointment letter and your completed health questionnaire with you to your assessment.

When you arrive at the centre you will be greeted by our receptionist who will take your appointment letter and health questionnaire. The receptionist will also check our record of your address and your GP's 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.

Your health assessment

So that you can be sure of what to expect from your visit, we have listed below the range of tests and investigations that we will be carrying out during your Bupa Essential Health assessment.

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

The Bupa Essential Health assessment includes the following:

- **Heart and lungs**

Blood pressure, electrocardiogram (ECG), lung function, diabetes and cardiovascular risk scores.

- **Body composition**

Height, weight and body mass index.

- **Blood and urine**

Blood biochemistry profile, blood haematology profile and urine test.

- **Specific examinations**

For women Breast examination

For men Testicular examination

