

Your Health Progress Assessment Checklist

How to get the most out of your Health Progress Assessment

By booking a Health Progress Assessment you have made time to check your key health indicators and review your lifestyle and health objectives.

This checklist will ensure you are fully prepared for and make the most of your Health Progress Assessment - please take a few minutes to read it and don't hesitate to contact us if you have any questions.

Before your appointment

Your Health Progress Assessment questionnaire

A simple questionnaire will be provided to you on the day of your Health Progress Assessment. This is an opportunity for you to update us on any lifestyle changes you have made since your health assessment. Using your answers and results your health adviser can tailor the consultation and their advice to help you meet your goals.

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.

On the day of your visit to us

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.

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.

Medicines

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

When you arrive at the centre you will be greeted by our receptionist who will check our records of your address and your GP's address.

Payment

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

Children

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

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 Health Progress Assessment.

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

The Health Progress Assessment includes the following:

- **Heart**
 - Blood pressure and pulse measurement
- **Body composition**
 - Height
 - Weight
 - Waist to height ratio
 - Body fat percentage
 - Body mass index (BMI) measurement
- **Blood tests**
 - Full cholesterol test profile (Including LDL and HDL cholesterol)
 - Fasting blood glucose
- **Health Risks**
 - Coronary heart disease risk score
 - Diabetes risk assessment
- **Lifestyle action planning consultation with a health adviser**

Bupa 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
© Bupa 2008. Bupa and the heartbeat symbol are trademarks of The British United Provident Association Limited.

© Copyright Bupa, October 2008. This leaflet is based on reputable sources of medical evidence and has been reviewed by Bupa doctors. It is intended for general information only, and does not replace the need for personal advice from a qualified health professional.

