



How to get the most out of your Bupa Mature 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 Mature 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 Mature Health assessment includes the following:

Heart and lungs

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

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 test.

Sensory

Vision assessment and hearing assessment.

Specific examinations

For women Pelvic and breast examination

For men Testicular examination

Additional tests

- Bowel cancer test
- Vitamin B12 and folate blood test
- Chest X-ray (if clinically appropriate)
- Thyroid function blood test

For women

- cervical smear (if clinically appropriate)
- mammography (where purchased)

For men

- prostate cancer test

Your health assessment

The Bupa Mature Health assessment is specifically for those over 65 and focuses on detecting the early signs of age-related conditions as well as giving advice on keeping healthy during your later years.

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 Mature Health assessment. These are in addition to your consultation and examination with the doctor.

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

This is what you do

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.

Your dietary questionnaire

Please complete the enclosed dietary questionnaire and seven day dietary record at your convenience. Once completed, this should be returned in the reply-paid envelope provided and your dietary report will either be posted to you or given to you at your appointment. There is no need for you to bring the questionnaire or record with you to your health assessment.

Bowel cancer test

A bowel cancer test kit has been included with this pack. You will need to collect a small sample from each of three bowel movements. Please read through the enclosed factsheet for instructions about how to use this kit and, if possible, please bring your samples with you to your assessment.

If you have booked the Bupa Colon Health supplementary check you do not need to complete this home test.

Prostate cancer test (for men) and cervical smear test (for women)

Please read the enclosed factsheets for more information about these tests.

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

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.

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)

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. The enclosed factsheet provides important information about the mammogram.

Chest X-ray

This is no longer an automatic inclusion 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.

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 Wellness) or by any of the following credit, debit or charge cards - Visa, Mastercard, Switch, Delta, American Express or Diners Club.

When you arrive

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.



The Bupa Wellness Collection

...individually created with you for your body

Bupa Wellness health assessments are provided by Bupa Occupational Health Ltd. Registered in England and Wales no 631336.
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