

# Your Bupa Core Health checklist

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## How to get the most out of your health assessment

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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 Core 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

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### *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 Health Adviser, and the information you provide will help us to understand and address your individual needs.

### *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

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### *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.

**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 GP's address.

## Children

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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.

## Your health assessment

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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 Core Health assessment.

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

**The Bupa Core Health 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

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