



Bupa Complete Health

The in-depth health and wellbeing assessment



Bupa Complete Health

Do you ever wonder if those little aches and pains hide any greater problems? Bupa Complete Health can help. Providing you with an in-depth profile of your health, it tells you how your body is really doing.

What's included?

It involves a 45 minute consultation with a doctor and up to 34 tests, based on your age, lifestyle and gender. All your major organs are checked - as are your body composition, metabolic rate and percentage of body fat.

When do I get my results?

We'll give you a summary of results on the day, followed by a full report. You'll have plenty of time to talk through any concerns with one of our doctors.

Why choose Bupa Complete Health?

Bupa Complete Health offers a reliable overview of your current state of health and wellbeing. It alerts you to any early signs of disease and empowers you to take action against them.

Why do I need these tests?

When we have all the results we can give you an in-depth picture of your health and can help you understand how to improve it.

“I can't believe how quickly I got my results.”[†]



[†] Quote drawn from past experiences of Bupa customers.

Know the facts and the risks

Prevention really is the best medicine. It's far wiser to check for health problems before you have any symptoms, than to wait until they've taken hold. Catching diseases in their early stages usually means a much better prognosis - early detection saves lives every year. This assessment gives you the opportunity to see how your lifestyle impacts on your health.

Coronary heart disease is the biggest killer in the UK.

High blood pressure may lead to strokes and kidney failure.

Breast cancer is diagnosed in over 44,000 British women annually.

Prostate and testicular cancer affect more than 35,000 men each year.

Cervical cancer is the second most common cancer in women under 35.

Diabetes affects more than two million people in the UK.

Weight problems can result in heart disease, diabetes, osteoarthritis or gallstones.

Want to find out more?

Why should I choose Bupa?

We are the market leaders in preventive healthcare with over 38 years of experience. What's more, our unique new generation of health assessments can be created with you for your body.

Can I have any extra tests?

A new range of supplementary tests are now available in conjunction with the Bupa Complete Health assessment - please contact us to find out more.

When and where can I book my appointment?

You choose the location and appointment time that suits you best[†]. We then send you a questionnaire for you to complete and bring along. Please note that cancellations may incur charges.

How do I book my appointment?

Please call **0845 604 0612*** or visit **www.bupa.co.uk/wellness** for further information or to make a booking.



Introducing Bupa
Complete Health -
created with you for
your body

