



Bupa Core Health

Take control of your health



Adopting a smarter, proactive approach to health

The evidence is clear: prevention really is the best medicine.

- Knowing the risk of developing health conditions such as diabetes or heart disease will help your clients employees discover what they can do to reduce the chances of developing them
- Taking action to lose excess weight will reduce the risk of developing heart disease, diabetes, osteoarthritis and some types of cancer.
- Treating high blood pressure will reduce the risk of strokes and kidney failure.

All of the above can help reduce the impact of sickness absence on your clients business.

Good reasons to keep a check on employee health

Getting a measurement of employee health is important because actions taken as a result can influence and improve business health in the future. Bupa Core Health is designed to provide a robust, accurate assessment of current health and future health risks.

It includes a series of tests on key health risk indicators including blood pressure, cholesterol and blood glucose, as well as measuring body composition. We can also identify the risks of developing heart disease and diabetes in the future. All tests are undertaken by Bupa's trained health advisers and employees have time to talk through the available results and develop a personal action plan with a health adviser during their appointment.

Diabetes affects over 2.6 million people in the UK. There are up to half a million people with diabetes who have the condition and don't know it.

Source: Diabetes UK 2009.

What is included in the Bupa Core Health Assessment?

The Bupa Core Health Assessment will be undertaken by a health adviser, trained to undertake the following tests and give advice about health risks and what can be done to minimise them.

Understanding you

- Medical history and lifestyle questionnaire

Heart

- Blood pressure and pulse measurement

Body composition

- Body mass index (BMI) measurement
- Height-to-waist ratio
- Body fat percentage

Blood tests

- Full cholesterol test profile (including LDL and HDL cholesterol)
- Fasting blood glucose

Health risks

- Coronary heart disease risk assessment
- Diabetes risk assessment

Report

- Received shortly after the assessment the report includes test results and a personalised action plan

The adviser will take the employee through their results and explain what they mean. They can also offer advice and useful, appropriate factsheets on how changes can be made to their lifestyle to improve their health indicators and achieve health goals.

Total duration: Up to one hour

What are the key benefits of the Bupa Core Health Assessment?

- A series of specific tests undertaken in one visit, concentrating on common lifestyle health risks.
- Quick and focussed assessment - takes only one hour.
- Undertaken by a trained Bupa health adviser.
- Accurate blood tests, undertaken using a blood sample, not a finger prick.
- Undertaken in a Bupa Centre.
- Practical advice on how to reduce future health risks.

Who should consider a Bupa Core Health Assessment?

The Bupa Core Health Assessment is suitable for everyone, but does not include a consultation with a Bupa doctor and a number of other tests. If time with a Bupa doctor is important and additional tests are required, Bupa offers a range of other assessments which may better meet the needs of your client's employees.

How do I find out more information?

Please call 0845 600 3476* or visit www.bupa.co.uk/ha-core for further information.

Where is the Bupa Core Health Assessment available?

We have over 45 Bupa centres nationally that can all deliver the Bupa Core Health Assessment meaning all of your clients and their employees should have access to a convenient location.



Check current and future health risks

The Bupa Core Health Assessment provides a robust, accurate measurement of current health and an understanding of how an employee's lifestyle is contributing to their future health risks. By understanding these, your client and their employees can take action to reduce health risks.

Bupa Centres



Health assessments offered at each Bupa Centre may vary

Contact details

To find out more information about the Bupa Core Health Assessment please call 0845 600 3476*
from 8am-6pm Monday to Friday.

To find out more visit www.bupa.co.uk/ha-core

Calls may be recorded and may be monitored. 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
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