



Bupa Female Health

Focusing on women's health matters



Bupa Female Health

Every woman wants the reassurance of knowing she's in good health. Whether you're just not feeling yourself or you're concerned by your family health history, Bupa can help. Bupa Female Health tests for major breast and gynaecological health issues. It highlights any potential problems - so you can take action against them.

What's included?

You get a half-hour consultation with a doctor or nurse to talk through your concerns and undergo a physical examination. It also includes a comprehensive breast examination, pelvic inspection, cervical smear test and a detailed blood analysis.

When do I get my results?

Many of the results will be available 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 Female Health?

It empowers you to take charge of your own health. If you have any worries about your family history or have noticed any changes in your body, then the best thing you can do is talk your concerns through with an expert - and get yourself thoroughly checked.

Why do I need these tests?

For one in three customers, a health assessment spots a problem that they were previously unaware of.*

“It's a relief knowing more about the current state of my health.”†



* Source: Bupa 2007 TNS Customer Satisfaction Survey.

† Quote drawn from past experiences of Bupa customers.

Medical tests

Understanding you

- Medical history and lifestyle questionnaire
- Physical examination and consultation with a doctor or nurse

Female specific tests

- Breast check
- Breast awareness instructions
- Pelvic examination (if clinically necessary)
- Cervical smear (best administered mid-cycle)
- Check for HPV (human papilloma virus) if clinically necessary
- Mammogram* for women over 40 (if purchased by you or your employer)
- Rubella antibodies test for women under 40

Heart and lungs

- Blood pressure and pulse measurement

Body composition

- Height and weight measurements
- Body mass index (BMI) calculation
- Waist to height ratio measurement



Blood and urine tests

- Anaemia
- Cholesterol profile
- Urinalysis to help detect diabetes and kidney problems

Lifestyle

- Diabetes risk score
- Report and personal health action plan

* This depends on when you had your last mammogram.

Total duration: 60 minutes

Time with doctor: Up to 30 minutes

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.

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

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

Coronary heart disease is the biggest killer in the UK.

High blood pressure may lead to strokes and kidney failure.

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 are created with you for your body.

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.

What if I already have a medical condition?

Our assessments focus on your current health risks - but if you have a pre-existing condition, our knowledgeable doctors can take it into account.

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
Female Health -
offering every woman an
appraisal of their health

Bupa Health Assessment Centres



Health assessments offered at each Bupa Wellness Centre may vary.

To book an appointment or for more information call us on
0845 604 0612* from 8am to 6pm, Monday to Friday.

To find out more visit www.bupa.co.uk/wellness
or email: wellness@bupa.com

Bupa Wellness, Battle Bridge House, 300 Gray's Inn Road, London WC1X 8DU. Bupa Wellness 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.

*Lines are open Monday to Friday 8am to 6pm. Calls may be recorded and monitored. BT landline calls to 0845 numbers will cost no more than 3.95 pence per minute. Charges from other providers may vary and calls from mobiles usually cost more.

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