



# Bupa Health Assessments

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...individually created with you for your body





We're the market  
leaders in  
preventive  
health and care



Pioneers  
of a range of  
health assessments



Most results  
available on the  
same day





32 percent of customers said that a Bupa Health Assessment identified a health issue of which they were not previously aware of.

Source: 2007 TNS Customer Satisfaction Survey

# Bupa Advanced Health

The advanced health and wellbeing assessment

Consisting of an in-depth health and fitness evaluation, this high-tech health assessment provides your client's employees with an extensive overview of the exact shape they're in.

This assessment includes checks on their heart, lungs, flexibility, metabolism, a detailed blood analysis and a body composition profile.

## What do my client's employees get from this assessment?

Bupa Advanced Health assessment is one of the most extensive evaluations around. It offers a full fitness evaluation and over 40 high-tech medical tests. Cardiovascular capabilities, flexibility and core muscle strength are also checked. The combined test results may empower staff to take action against any future health issues.

## What's included?

It involves up to 60 minutes consultation with a doctor and up to 43 tests, based on age, lifestyle and gender. There's also a fitness evaluation, which shows how well heart, lungs, metabolism, circulation and muscles perform during exercise using equipment used by NASA.

## Medical tests

### Understanding you

An in-depth profile of the individual's medical history is obtained through a detailed questionnaire, physical examination and consultation with a doctor.

### Body composition

These tests build a profile of the individual's body composition - calculating the ratio of fat versus muscle. As obesity levels in the UK are on the increase, we've added a new test, which indicates the minimum number of calories required daily. Using the results, a Bupa health adviser offers advice on realistic changes which can be made to diet and lifestyle - to mitigate against future health risks.



## Heart and lungs

A series of rigorous checks searches for any early signs of disease or ill health. They include a cardiovascular risk score, which checks the likelihood of a future heart attack. We also test carbon monoxide levels in the blood and calculate lung age.

## Fitness

This cardio-respiratory test shows how well heart, lungs, metabolism, circulation and muscles perform during exercise. Flexibility and muscle strength are also tested.

## Blood and urine tests

A detailed blood analysis tests for signs of raised cholesterol, depleted calcium, anaemia, gout and liver issues. Urine tests check for diabetes and kidney problems. Those over 45 are also eligible for a bowel cancer test and those over 50 have their thyroid function checked too.

## Sensory

Both hearing and sight tests are included.

## For men

A testicular examination is included - as well as a prostate check for those over 50.

## For women

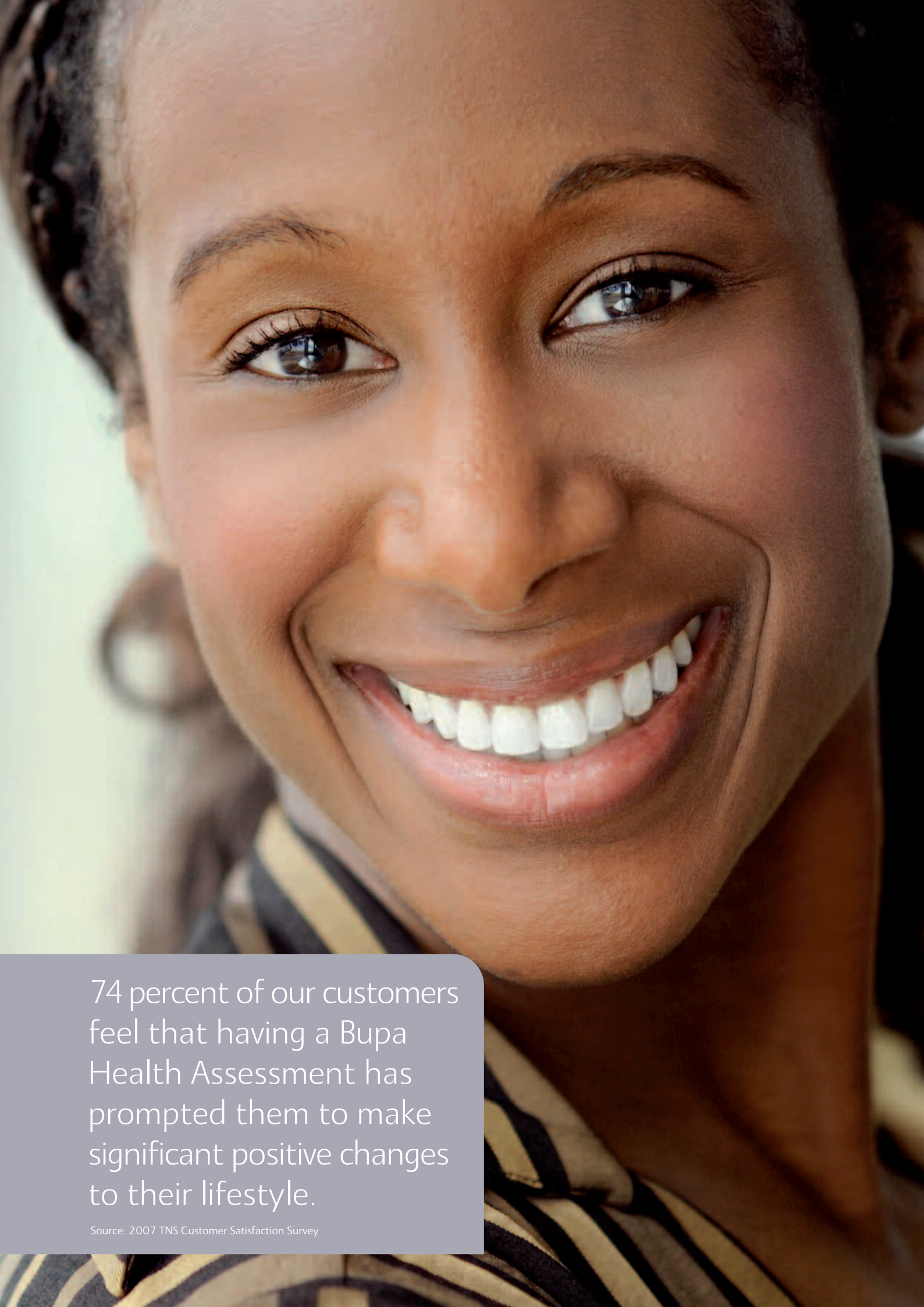
A cervical smear and breast examination come as standard. Bupa now also checks for the human papilloma virus (HPV), which is associated with cervical cancer. Women over 40 have the option of a mammogram (dependent on the date of your last mammogram - additional charge applies)

## Lifestyle

A diabetes risk score is also given.

**Total duration:** 150 minutes

**Time with doctor:** Up to 60 minutes



74 percent of our customers feel that having a Bupa Health Assessment has prompted them to make significant positive changes to their lifestyle.

Source: 2007 TNS Customer Satisfaction Survey

# Bupa Complete Health

The in-depth health and wellbeing assessment



An extensive look at the health and wellbeing of your client's employees to determine if things are working just as they should be.

Bupa Complete Health offers a reliable overview of your client's employees' current state of health and wellbeing. It can alert individuals to early signs of disease and may empower them to take action against them.

## What do my client's employees get from this assessment?

Bupa Complete Health gives the opportunity to see how lifestyle impacts on health. It can detect health problems in good time to take corrective action, which acts as a powerful incentive to take positive steps - either to seek treatment or to make changes to the way they live.

## What's included?

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

## Medical tests

### Understanding you

Medical history is ascertained through a lengthy questionnaire regarding their family health and medical background. This is followed by a 45 minute consultation and physical examination.

### Body composition

Height and weight measurements are taken to calculate body mass index. The ratio of height to waist and percentage body fat are also determined. A new metabolic rate test is now also included, showing suggested daily calorie intake. A health adviser then uses these combined results to give each individual personalised lifestyle and nutrition tips.

## Heart and lungs

These vital organs are tested for early signs of disease. A blood pressure score, pulse measurement and an electrocardiogram checks the heart's health. These are followed by a lung function test - as well as a new lung age test, the results of which may give the individual a powerful incentive to give up smoking.

## Blood and urine tests

A thorough blood and urine analysis looks at cholesterol and calcium levels - as well as providing a good overview of kidney and liver function. It also checks for diabetes, gout and anaemia.

## Sensory

Both hearing and sight tests are included.

## For men

Men have a testicular examination. A prostate check is also included for those over 50.

## For women

A cervical smear and breast examination come as standard. Bupa now also checks for the human papilloma virus (HPV), associated with the risk of developing cervical cancer.

## Lifestyle

A diabetes risk score is also given and a dietary assessment provides a detailed analysis of foods eaten. Those over 50 will have their thyroid function checked. Women over 40 have the option of a mammogram (dependent on the date of your last mammogram - additional charge applies).

**Total duration:** 120 minutes

**Time with doctor:** Up to 45 minutes

# Bupa Essential Health

An assessment of lifestyle and future health risks

Do you ever wonder if busy work and social lifestyles are taking a toll on the health of your client's employees? Created for those living life in the fast lane, this health assessment takes a look at the health and lifestyle issues that help to maintain good health.

Bupa Essential Health lets your client's employees gain an indication if their lifestyle is building up to any potential health hazards. Through diet, nutrition and lifestyle management advice, it may help to empower them to make important changes to their lifestyle.

This assessment consists of a half-hour consultation with a doctor after a series of key tests, to check for signs of disease.

**Total duration:** 60 minutes



The assessment includes a physical examination, followed by blood pressure measurements and blood analysis tests which check for raised cholesterol, anaemia and liver problems. Urine tests are also performed to check for diabetes and early signs of kidney disease. The heart is checked for indications of disease, and lung function is also tested.

**Time with doctor:** Up to 30 minutes

# Bupa Female Health

Focusing on women's health matters



Especially for women, this assessment tests for breast and gynaecological health issues. It can highlight potential problems - so action can be taken against them.

Every woman wants the reassurance of knowing she's in good health. The Bupa Female Health assessment tests for female health issues. It can highlight potential problems, so that your client's female employees can take charge of their own health.

If women are concerned with changes in their body, the best thing they can do is talk their concerns through with a Bupa doctor - and get themselves thoroughly checked over by one of the UK's leading experts in preventive healthcare.

Bupa Female Health includes an in-depth consultation with a Bupa doctor or nurse, a breast examination, followed by breast cancer awareness guidance. It also includes a pelvic inspection, followed by a cervical smear. Blood analysis tests are also taken, checking for raised cholesterol and anaemia, and urine tests check for diabetes and kidney issues. Women over 40 have the option of a mammogram (dependent on the date of your last mammogram - additional charge applies).

**Total duration:** 60 minutes

**Time with doctor:** Up to 30 minutes

# Bupa Cromwell Ultimate Health

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Dedicated to you and your body

Our ultimate health assessment is a full day's, in-depth evaluation of an individual's health needs. It will provide them with a comprehensive understanding of their wellbeing and takes place in one of the most prestigious and highly regarded hospitals in Europe, Bupa Cromwell Hospital, London. This allows Bupa to provide one of Europe's leading health assessments in a comfortable and relaxed atmosphere.

This is Bupa's most comprehensive top-to-toe assessment, including tests which cover most health risk areas. The tests are carried out by our expert Bupa doctors and include disease detection, lifestyle and fitness assessments, and in-depth consultations. All tests are tailored to your client's employee's age, gender, lifestyle and family background, so they can enjoy an entirely bespoke assessment.

**Total duration:** One day



If any abnormalities are detected, the individual is able to benefit from immediate referral to our network of experts and consultants. We will support them on their journey towards a more proactive and healthy lifestyle.

**Available 2009**

## Bupa Onsite Health Checks

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Bupa's newly launched onsite health checks are available in the comfort of your workplace and will give your clients the opportunity to engage their wider workforce in health and wellbeing matters.

By learning about important health risks and managing their health effectively, your client's employees can become less vulnerable to illness, in both the long and short term.

Bupa health advisers can deliver fourteen, 30 minute onsite health checks a day. Bupa will provide all testing equipment and associated consumables, brochures and operational literature. Bupa will also help to give your client's employees reassurance by providing their results back on the same day.

### Medical tests

The checks include height and weight measurement, height to waist ratio, body mass index, blood pressure, body fat percentage, blood glucose, lung function test, total cholesterol blood test, results review and lifestyle advice.

# Supplementary Health Checks

## Bupa Allergy Health



Over one in ten people believe they have an allergy or intolerance, but have never been tested<sup>1</sup>. The check includes a detailed blood analysis, in which 34 different foods and 20 kinds of airborne substances are tested against.

## Bupa Breast Health



It's a good idea to be thoroughly checked over, as breast cancer is currently the most common cancer in the UK<sup>2</sup>. A detailed physical examination is followed by breast cancer awareness guidance. If your client's employee is over 40, they are also eligible for a mammogram too.<sup>†</sup>

<sup>†</sup> This depends on the date of the previous mammogram

## Bupa Colon Health



Suitable for those over 45, a virtual colonoscopy is performed - a new computerised technique that looks inside the large bowel and is much less invasive than a traditional colonoscopy. It allows doctors to examine the bowel for cancers and polyps - small growths that can become cancerous if not removed.

## Bupa Coronary Health



Heart disease is currently the biggest killer in the UK<sup>3</sup>. Our high-tech check provides a precise analysis of the coronary artery and, if need be, suggestions regarding how to set about improving the condition of the heart are given, with the aim of helping to reduce the future risk of heart related health problems.

## Bupa Erectile Dysfunction



One in ten men experiences erectile dysfunction, yet only ten percent of them seek medical advice<sup>4</sup>. But, in many cases it can be symptomatic of an underlying condition that can be effectively treated. We test for causes and provide treatment, if necessary.

## Bupa Forward Planning



These days, around a fifth of UK women wait until after the age of 35 to start a family. This test involves a blood and hormone test, and indicates how many eggs are left in the ovaries.

Health assessments can be further tailored to your client's employees' individual needs by selecting relevant add-ons. Now available with the Bupa Advanced and Bupa Complete Health assessments or, if required, as stand alone tests.

### Bupa Liver Health\*



Thankfully, if caught early, liver problems can often be treated using the latest specialised scan to obtain an accurate picture of the liver's health. Capable of spotting abnormalities before blood tests can, it checks for signs of fibrosis and cirrhosis which can result from lifestyle issues and metabolic syndrome.

### Bupa Ovarian Health\*



Every year in the UK nearly 7,000 women are diagnosed with ovarian cancer<sup>5</sup>. There are no symptoms in the early stages of this silent killer which means that it is often diagnosed too late. The Bupa Ovarian Health check offers tests which are thought to be the most effective screening check available.

### Bupa Sexual Health



Sexually transmitted infections are on the increase in the UK. They are particularly prevalent in the young, but research shows that they've recently doubled among the over 45s<sup>6</sup>. Blood and urine samples are taken and tested for a full range of sexually transmitted diseases. The test also includes a physical examination.

### Bupa Stroke and Aneurysm Risk Assessment\*



Signs of the likelihood of strokes can be detected in advance. An ultrasound examination of the arteries in the individual's abdomen and neck searches for any blockages and determines the risk of having a stroke or aneurysm.

For more information call **0845 600 3476** or contact your Bupa Commercial or Account Manager

Or visit [www.bupa.co.uk/wellness](http://www.bupa.co.uk/wellness)  
or email [wellness@bupa.com](mailto:wellness@bupa.com)

\* Available at Solihull Wellness Centre only (opening 2009).

<sup>1</sup> Source: Food intolerance and allergies UK, Mintel, Oct 2008. <sup>2</sup> Source: Cancer Research UK. <sup>3</sup> Source: British Heart Foundation. <sup>4</sup> Source: Sexual Dysfunction Association. <sup>5</sup> Source: Women's Health Concern 2007. <sup>6</sup> Source: HPA 2007.

# Bupa Health Assessment Centres



Health assessments offered at each Bupa Wellness Centre may vary.

For more information call **0845 600 3476** or contact your  
Bupa Commercial or Account Manager

Or visit [www.bupa.co.uk/wellness](http://www.bupa.co.uk/wellness) or email [wellness@bupa.com](mailto:wellness@bupa.com)

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Lines are open Monday to Friday 8am to 6pm. Calls may be recorded and may be monitored.

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