



Bupa Health Progress Assessment

Stay in control of your health



Good reasons to keep a check on your health

The evidence is clear: improving your lifestyle can make a significant difference to your future health. That's why it's important to keep a close track on your health. It's especially important if you have health indicators that show that you may be at risk of heart disease, type 2 diabetes or other conditions. The Bupa Health Progress Assessment is designed to do just that.

A Bupa Health Progress Assessment includes a series of tests and measures to give you an accurate update on your health. The results can be directly compared to those from your previous health assessment so you can see the results of your progress. You will also receive an update on your health risks and an updated lifestyle action plan from one of our trained Bupa health advisers.

So, as well as revealing whether your current lifestyle is affecting your health, the results can help you do more of the things that are good for you.

If you have decided to improve your fitness, lose excess weight, address specific health risks, or simply want to monitor your health more closely, you can get an update of your key health results before your next health assessment.

Book your Bupa Health Progress Assessment at reception now

Alternatively call **0800 665 577**

Lines open 8am to 8pm, Monday to Friday and Saturday 8am to 1pm.

Bupa Health Progress Assessments

You can choose how often you monitor and check your health - whether it's to keep track of some of your main health indicators, or closely monitor a specific health concern.

What to expect

Your Bupa Health Progress Assessment will be done by a health adviser, trained to undertake the following tests and give you personalised advice about your health risks and what you can do to minimise them.

Understanding you

- 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

- You will receive your results, along with an updated personalised action plan shortly after your assessment.

Your adviser will take you through your results and any key changes that have occurred since your previous health assessment, and explain the impact. You will also receive a report and an action plan so you can continue to take the actions that are most effective in improving your health.

Total duration: Up to one hour

Benefits for you

During a Bupa Health Progress Assessment, you will benefit from one-to-one time with a trained health adviser who will ensure you understand any positive and negative changes in your results.

You will also benefit from:

- one convenient appointment to update your health numbers
- measurement of your key health indicators for cardiovascular disease (which leads to more premature deaths in the UK than any other cause¹)
- updated results which are directly comparable to your health assessment results
- reliable blood tests - not finger prick tests
- test results that are available promptly
- one-to-one consultation with a trained health adviser
- an updated lifestyle action plan so you can stay on track to achieve your goals

Is the Bupa Health Progress Assessment right for you?

The Bupa Health Progress Assessment tracks improvement in your lifestyle health measures. It is relevant and valuable for most people after a health assessment, but it does not include a consultation with a doctor. Should you wish to receive medical advice please ask our advisers about the most appropriate product for you.

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1. Heart Facts. British Heart Foundation.
http://www.bhf.org.uk/news_and_campaigning/press_office/media_toolkit/heart_disease_stats/heart_facts.aspx
date accessed 13 July 2010.



So why have a Bupa Health Progress Assessment ?

You've taken the first step: you've had your health assessment. It's an important first step, but you'll need to keep up the good work. A Bupa Health Progress Assessment can help.

The Bupa Health Progress Assessment is an opportunity for you to receive an update on your lifestyle health indicators. Your results can be compared with your previous health assessment and any changes discussed with a trained health adviser. It's a great way to ensure that your lifestyle improvements are making a difference.

Bupa Centres



The range of health assessments offered at each Bupa centre will vary.

Contact details

To book an appointment or for more information call us on 0800 665577
from 8am to 8pm, Monday to Friday and Saturday 8am to 1pm.

To find out more visit www.bupa.co.uk

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