



## Bupa Mature Health

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Specifically tailored to help you stay healthy and independent





Introducing Bupa  
Mature Health  
- designed to help you  
keep as fit and healthy  
as you can be

# Bupa Mature Health

Give yourself peace of mind with this extensive health assessment - tailor made for you in later life. Whatever your concerns, you won't be rushed. We're here to help you and offer the best possible advice.

## What's included?

It involves up to 60 minutes consultation with a doctor and up to 36 tests, based on your age, lifestyle and gender. Through an extensive range of tests, including additional ones for conditions that are more likely at this age, we aim to give you a thorough health check.

## 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 Mature Health?

Bupa Mature Health provides a range of tests that are particularly relevant to those over 65. A personalised consultation with a Bupa doctor is included, meaning that together you can discuss a healthy action plan for the future.

## 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.

“It's comforting to know the exact condition of my health.”



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 age impacts on your health and shows you how to make positive changes to staying as fit and active as possible.

- 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.
- 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 private preventive healthcare with over 38 years of experience. What's more, our 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 Mature 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<sup>†</sup>. 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](http://www.bupa.co.uk/wellness)** for further information or to make a booking.

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

Calls may be recorded and may be monitored.

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