Take a closer look at **Health Core**

A fresh approach for your employees’ health
Our Health Core assessment provides a well-rounded view of where your employee’s health is currently.

For a well-rounded view of where an employee’s health is currently. Health Core provides the employee with a core set of test results to help identify key health risks, backed up with ongoing guidance and coaching from our health advisers, on achieving a healthier lifestyle.

Collective data is available to you as top-line reports of your employees’ health. The reports can provide a valuable insight about your workforce, helping you shape a more effective wellbeing strategy.

What’s included:

- A core set of tests aimed at identifying key health risks
- Directions towards a healthier lifestyle through access to Bupa Boost and lifestyle support after the assessment

Who’s it for:

Health Core is available to anyone aged 18 to 65 but designed with those under 40 in mind.

Total assessment time: **60 mins**

**Health Adviser**

- **30 mins** Tests
- **30 mins** Review

**Colon CT scan**

For employees aged 45 and over wanting to be tested for early signs of bowel cancer.

**Coronary CT scan**

For employees aged 45 and over wanting to check for early signs of coronary heart disease.

**Mammography**

For females who want an X-ray examination to screen for any changes in the breast tissue.

**Advanced fitness test**

For employees aged 18 to 70, wanting a greater understanding of their fitness. The advanced fitness test assesses the efficiency of the cardiovascular, respiratory and muscular systems in response to exercise.

**Over 25% of people in England have high blood pressure but many don’t know it. If left untreated, high blood pressure increases your risk of a heart attack or stroke**

*Based on minimum of 30 employees having health assessments due to data protection and employees’ right to remain anonymous. 100+ provides extensive report.

**Subject to age eligibility criteria.**
Supporting your employees at every step

1. **Pre-assessment**
   - Online questionnaire
   - Access to our new mobile app, Bupa Boost

2. **Assessment**
   - An enhanced set of core tests and measures which aim to identify key health risks and lifestyle habits
   - Review and discussion of test results and advice on minimising health risks for the long term

3. **Recommendations**
   - Lifestyle consultation and guidance towards healthier choices
   - An assessment of the employee’s confidence and motivation to change, with an action plan of practical goals to help improve their long-term wellbeing
   - Employees can review their assessment results in detail online as well as any action plans discussed

4. **Ongoing support**
   - Follow-up support with a Bupa health adviser at key milestones after the assessment
   - Continued access to the Bupa Boost mobile app, to track results and monitor progress 24/7, and keep the employee engaged with their health journey via health information, tools and calculators
   - 24/7 access and unlimited telephone consultations with our team of GPs and nurses, via our Anytime HealthLine

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Physical activity can help reduce your risk of heart disease. It can also help you control your weight, reduce blood pressure and cholesterol and improve your mental health – helping you to look and feel great.²

British Heart Foundation

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2. [https://www.bhf.org.uk/heart-health/preventing-heart-disease/staying-active](https://www.bhf.org.uk/heart-health/preventing-heart-disease/staying-active)
Health Core tests and measures in detail

**Lifestyle**
- Lifestyle assessment (smoking, alcohol and sleep)
- Mental health and stress indicator
- Musculoskeletal assessment
- Physical activity assessment
- Diabetes risk
- Diet assessment
- Lifestyle feedback and coaching with two follow up interventions with a health adviser

**Heart**
- Blood pressure (both arms)
- Cardiovascular risk
- Heart rhythm screening

**Body composition**
- Height, weight and body mass index
- Waist measurement and waist-to-height ratio
- Body fat, basal metabolic rate and estimated energy requirement

**Blood and urine tests**
- Lipids (total cholesterol, high-density lipoprotein, low-density lipoprotein and triglycerides)
- Diabetes HbA1c (glycated haemoglobin – non-fasting)
- Haemoglobin (anaemia)
- Kidney risk – eGFR† and kidney risk – ACR† (detailed kidney function tests)

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†If clinically indicated.

For more information, contact your Bupa account manager or intermediary partner

📞 Call 0345 600 3476
↙️ or visit bupa.co.uk/business-health-assessments

We may record or monitor our calls.