



**My
Genomic
Health**



**Leading the way in
preventive
healthcare**

**➤ NEW My Prevention Plan available
from 1 September 2026**

Our cover now includes powerful preventive care

Your clients shouldn't have to wait for a symptom or scare before they get expert care.

That's why we're introducing **My Prevention Plan**. It's a new benefit that helps them understand their future risk of developing **breast cancer, cardiovascular disease and type 2 diabetes**.

Depending on their results, they could be offered preventive treatment tailored to them, like coaching, risk-reducing surgery or up to £400 towards a weight management plan.*

What care could be available with My Prevention Plan?

Breast cancer[‡]



- Genetic testing and coaching
- Weight management support*
- Screening scans, risk-reducing medicines and surgery

Type 2 diabetes



- Genetic testing
- Weight management support*
- Access to GPs and coaching

Cardiovascular disease



- Genetic testing
- Weight management support*
- Access to GPs and coaching

Who is it available to and how does it work?

My Prevention Plan is available to all new and renewing personal and small business clients from 1 September 2026.[^]

It can be used by everyone named on the client's policy aged 18 or over. Each person on their cover must have had at least 12 months' continuous cover with a Bupa health insurance policy to be eligible for the plan.[†]

It starts with a short questionnaire, followed by a preventive assessment at a Bupa health centre. This includes a blood test. A £100 payment normally applies to this appointment, but for a limited time, we're waiving this cost. If your clients attend their appointment before 1 December 2026, they won't have to pay any extra cost.

Your clients deserve the best

We're the first major UK health insurer to offer preventive care as standard. Because how we're feeling today is just a snapshot – and we think everyone deserves to understand their future health risks.



Health happens together

For more information, contact your account manager

*Preventive weight management plan is only available once per customer lifetime.

‡Breast cancer testing and interventions available to those assigned female at birth.

[^]Does not include our consumer Unit and Standard products, the prompt diagnosis variant of Bupa By You or third-party products like Saga.

[†]The tests we offer may vary based on your client's age, family history, sex at birth, existing health conditions and clinical risk factors.

My Genomic Health products are not regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

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