

Introducing My Prevention Plan

➤ **Powerful preventive care
included with cover**



**My
Genomic
Health**



Your future health doesn't have to be left to chance

Breast cancer, heart disease, diabetes – it's easy for serious health conditions to weigh on our minds. Especially if they run in the family.

But with **My Prevention Plan**, a brand-new benefit from Bupa, you can understand your future risks.

If needed, you can even access powerful preventive care, like coaching, risk-reducing surgery or £400 towards a weight management plan.*

What conditions does My Prevention Plan assess the risk of?

➤ **Breast cancer†**

Cancer answers don't have to wait until you spot a symptom.

➤ **Type 2 diabetes**

Diabetes doesn't have to feel inevitable.

➤ **Heart disease**

Stop the 'what if?' worries and understand your risk.

Who is it for?

My Prevention Plan is now included as standard with all new and renewing small business policies.

This doesn't include Bupa's consumer Unit and Standard products, the prompt diagnosis variant of Bupa By You or third-party products like Saga.

It can be used by everyone named on your policy aged 18 or over. Each person on your cover must have had at least 12 months' continuous cover with a Bupa health insurance policy to be eligible.^

How does it work?

My Prevention Plan 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, Bupa is waiving this cost. Attend your appointment **before 1 December 2026** to take advantage of this saving.

➤ **Your health deserves the best**

The team at Bupa thinks everyone deserves to understand their future health risks. That's why it's the **first major UK health insurer to offer preventive care as standard.**

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

^The tests we offer may vary based on your age, family history, sex at birth, existing health conditions and clinical risk factors.

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

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