

Free health assessment*

for eligible health insurance customers



worth £289
until 30 November 2026

Protecting your health starts with knowing your mind and body better. That's why we're offering eligible customers a **free health assessment* worth £289.**

So whether they're on a health kick, keeping an eye on the future or just want to know their body better, there's never been a better time for your clients to be with Bupa.

What's included in the health assessment?

- ✓ **One hour with a health adviser** to chat about the health topics that matter to them.
- ✓ **Core health checks** including diabetes, cholesterol, body composition and metabolism.
- ✓ **Mental health review** so they can talk through their wellbeing and get any support they need.
- ✓ **Health and wellbeing resources** to help them build healthier habits, all in the My Bupa app.
- ✓ **24/7 access to our Anytime HealthLine** so they can call a nurse for support whenever they need it.

How clients can claim

1. Request a quote or start an application

From 19 October.

2. Complete the purchase.

They'll need to start their policy by 30 November 2026 to be eligible for the offer.

3. Redeem the offer.

They can book their health assessment once they've had the new policy for one month.

The offer is not available on any other Bupa products or services. The offer is not available to professional or semi-professional sportspeople; to customers who have left their Bupa company health scheme and transferred to a personal Bupa policy (XGS); to customers who have bought their policy through an intermediary and chosen to add Guided Care as an option or for existing members transferring from a different health insurance policy, unless the customer is re-underwritten onto a new Bupa By You policy.

For more information, contact your account manager

*Customers must purchase and start their policy by 30 November 2026 to receive a free Be.Motivated health assessment. Available to UK residents aged 18+ who are new or switching Bupa By You customers and purchase directly from Bupa or an intermediary. One assessment per policy for the main member, redeemable after one month of cover. T&Cs apply.

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