

Free mini health check. Terms and conditions



Eligible customers can get a free mini health check worth £100* when they buy a new Bupa By You health insurance policy directly from Bupa or through a registered intermediary.

Who qualifies for this offer?

To get a free mini health check you must:

- Take out a new BBY health insurance policy or switch from another health insurance provider either on a full underwriting or moratorium basis and receive your quote between 4 August and 30 September 2025.
- Quotes are valid for 14 days and your policy must have a start date of 30 September 2025, or before.
- Be over 18 years old, a mainland UK resident (excludes Northern Ireland), and the main policyholder and their partner.

The offer isn't available:

- on any other Bupa products or services.
- to customers switching from a Bupa company health insurance policy or health trust.
- to professional or semi-professional sportspeople.
- to existing customers transferring from a different health insurance policy (unless they are re-underwritten onto a new Bupa By You policy).

How does the offer work?

You must use your free mini health check by 31 March 2026. This offer can only be used once and is only available for the first policy year. Here's how it works:

- We'll send you an email after you've paid for and have had your policy for two months with instructions about how to redeem your free mini health check.
- You can choose to have your free mini health check remotely or in-person at a Bupa Health Centre. For the locations of Bupa's Health Centres, see finder.bupa.co.uk
- You need to call our Clinic's booking team to book your appointment (no online booking).
- All appointments must be made at least five working days in advance and are subject to availability.
- You can cancel or change your free mini health check up to five working days before your scheduled appointment.
- If you cancel with less than five working days' notice, or don't attend the appointment, you'll be unable to book another free mini health check.

Important legal information

- In addition to these terms and conditions, the terms set out in Bupa Insurance Limited ("Bupa")'s Bupa By You Policy guide and your membership certificate will apply to your policy.
- Bupa reserves the right to decline to offer a health insurance policy in its absolute discretion, and Bupa's decision regarding any aspect of this promotion is final.
- Bupa reserves the right to cancel, amend or withdraw the promotion at any time.
- Bupa reserves the right to offer a substitute reward of equal or greater value and to withdraw the promotion at any time deemed necessary owing to circumstances outside its reasonable control.
- The terms of this promotion are as stated here and no other representations (written or verbal) shall apply.
- The offer is non-exchangeable, non-transferable and has no cash value/alternative. Offer is not available in conjunction with any other offer, promotion or discount, except any discount you may be eligible for on the premiums otherwise payable for the new Bupa By You policy you purchase.
- Bupa will use your personal information in accordance with its privacy notice which can be found at bupa.co.uk/privacy.
- To the fullest extent permitted by law, Bupa and the Bupa group of companies shall not incur any liability for any claims, damages, losses or other liabilities whatsoever arising under or otherwise in connection with this offer.
- The offer and these terms and conditions are governed by English law and the parties submit to the jurisdiction of the courts of England and Wales.

*The mini health check has been valued at £100 to cover: Blood Test Kit, Clinician time, Lipid, HbA1c, Liver, Kidney and Thyroid profiles. It is not a product you can purchase outside of this offer.

Bupa health assessments are provided by Bupa Occupational Health Limited. Registered in England and Wales with registration number 631336. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa health insurance is provided by Bupa Insurance Limited. Registered in England and Wales with registration number 3956433. Bupa Insurance Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Arranged and administered by Bupa Insurance Services Limited, which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales with registration number 3829851. Registered office: 1 Angel Court, London EC2R 7HJ