

Specific health screenings

Coronary Health



We'll look for risk of heart disease and identify the main risk factors contributing to it. You'll also leave with practical advice on making positive lifestyle changes.



*Suitable for:

- Men and women aged 45 and over
- Those with a strong family history or have a raised cardiac risk with no current cardiac symptoms

¹Testing intervals must be at least 5 years apart



Times

- Radiographer – times may vary
- Health adviser – 30 minutes
- Doctor time (includes phone or face-to-face conversation on results) – 30 minutes



What's included?

- Key measurements, including: height, weight, BMI, body fat, waist, waist-height, basal metabolic rate, dual arm blood pressures and an ECG, if clinically needed

- Heart rhythm test to detect atrial fibrillation
- Bloods taken to check cholesterol levels
- An action plan to reduce risks through positive lifestyle choices
- Doctor consultation to talk through any concerns and your suitability for the scan
- CT coronary calcium scan of the heart to more accurately assess cardiac risk. **Note:** this may take place at a different location and on a separate day to your consultation
- If it's not possible to go ahead with the scan, the doctor will offer advice and a referral if needed
- Conversation with a Bupa doctor on the test results. They'll also run through available treatment options and next steps if necessary

*Suitability is based on clinical indication following completion of a pre-assessment form and consultation with the Doctor on the day.