

*Bupa health assessments*

# Helping you compare our health assessments



	Health Core	Health Focus	Health Enhance	Health Peak	Mature Health	Female Health
<b>Total duration of health assessment (minutes)</b>	60	90	120	150	120	60
Time with a health adviser (minutes)	60	60	60	90	60	30
Time with a doctor (minutes)	0	up to 30	up to 60	up to 60	up to 60	up to 30
<b>Understanding you</b>						
Personal consultation with a doctor	✓	✓	✓	✓	✓	✓
Physical examination based on individual needs	✓	✓	✓	✓	✓	✓
Medical history and lifestyle questionnaire	✓	✓	✓	✓	✓	✓
Motivation and readiness assessment – evaluates how prepared you are to make positive lifestyle changes	✓	✓	✓	✓	✓	✓
<b>Lifestyle assessment</b>						
Diet	✓	✓	✓	✓	✓	✓
Physical activity	✓	✓	✓	✓	✓	✓
Smoking, alcohol and sleep behaviour	✓	✓	✓	✓	✓	✓
Cardiovascular disease risk score	✓	✓	✓	✓	✓	✓
Diabetes risk score	✓	✓	✓	✓	✓	✓
<b>Healthy mind</b>						
General mental health and stress assessment	✓	✓	✓	✓	✓	✓
Depression and anxiety assessment	✓	✓	✓	✓	✓	✓
<b>Body composition</b>						
Height, weight and body mass index (BMI)	✓	✓	✓	✓	✓	✓
Waist to height ratio	✓	✓	✓	✓	✓	✓
Body fat percentage	✓	✓	✓	✓	✓	✓
<b>Heart and lungs</b>						
Heart rhythm screening	✓	✓	✓	✓	✓	✓
Resting electrocardiogram (ECG)	✓	✓*	✓*	✓	✓	✓
Blood pressure (dual arm)	✓	✓	✓	✓	✓	✓
Blood pressure (one arm)	✓	✓	✓	✓	✓	✓
Lung function test	✓	✓	✓	✓	✓	✓
Chest X-ray	✓	✓	✓*	✓*	✓*	✓
<b>Blood and urine</b>						
Diabetes HbA1c blood test (no fasting required)	✓	✓	✓	✓	✓	✓
Anaemia test	✓	✓	✓	✓	✓	✓
Cholesterol profile test	✓	✓	✓	✓	✓	✓
Kidney function tests	✓*	✓*	✓*	✓*	✓*	✓
Full blood count	✓	✓	✓*	✓*	✓	✓
Biochemistry profile including tests for liver function and gout	✓	✓	✓*	✓*	✓	✓
Vitamin B12 and folate test	✓	✓	✓	✓	✓*	✓
Thyroid function test	✓	✓	✓*	✓*	✓*	✓
Urine test	✓	✓	✓	✓	✓	✓
<b>Bowel health</b>						
Blood in stool test to check for bowel cancer (age 45 plus)	✓	✓	✓	✓	✓	✓
<b>Sensory</b>						
Hearing assessment (alternative to musculoskeletal assessment)	✓	✓	✓	✓	✓	✓
<b>Women's health</b>						
Cervical smear test (age 25 plus)	✓	✓	✓	✓	✓*	✓
Human papilloma virus (HPV) test – if abnormality detected in smear	✓	✓	✓	✓	✓	✓
High vaginal swab (HVS)	✓	✓	✓*	✓*	✓*	✓*
Breast examination	✓	✓*	✓	✓	✓	✓
<b>Men's Health</b>						
Testicular examination	✓	✓*	✓	✓	✓	✓
Prostate examination	✓	✓*	✓	✓	✓	✓
Prostate specific antigen (PSA) blood test (age 50 plus)	✓	✓	✓	✓	✓	✓
<b>Fitness</b>						
Musculoskeletal assessment – assesses muscles, bones and joints (alternative to hearing assessment)	✓	✓	✓	✓	✓	✓
Mature musculoskeletal assessment – assesses muscle, bones and joints (age 65 plus)	✓	✓	✓	✓	✓	✓
Advanced fitness test – completed on a bicycle ergometer to measure the three following outcomes;	✓	✓	✓	✓	✓	✓
– personalised fitness score – Vo <sub>2</sub> max (predicted) using breath by breath gas analysis	✓	✓	✓	✓	✓	✓
– body metabolism and efficiency during exercise	✓	✓	✓	✓	✓	✓
– anaerobic threshold	✓	✓	✓	✓	✓	✓
Grip strength	✓	✓	✓	✓	✓	✓
<b>Supporting you</b>						
Report and personalised health and lifestyle action plan	✓	✓	✓	✓	✓	✓
Two post assessment follow-up calls† with a Bupa Lifestyle Coach	✓	✓	✓	✓	✓	✓
Bupa Boost membership (online health and wellbeing app)	✓	✓	✓	✓	✓	✓
Access to Anytime HealthLine^	✓	✓	✓	✓	✓	✓
Access to the MyBupa portal with health information, videos and online coaching	✓	✓	✓	✓	✓	✓

**Specialised health tests are also available at an additional cost. These include; Advanced Fitness Test, Coronary Health, Colon Health and Breast Health.**

#### Anytime HealthLine

All health assessments provide you with access to the Anytime HealthLine^. Available 24 hours a day, seven days a week, you can ring and talk to one of our qualified nurses about any health issues, and if necessary receive a call back from a GP within the hour.

\*If clinically indicated.

† Maximum of 15 minutes per follow-up call. The follow-up call may not be with the Health Adviser who facilitated your health assessment.

^ 12 months access starting from the day of your health assessment. For company contracts, eligible employees will have access for the duration of your company's contract if longer.