

For health
assessments
that support you
at every step

For Living



Devote some time to
the most important
thing you have.

Your health



*Health assessments are available to
everyone over the age of 18*

Why have a health assessment?

You might want to know that everything's working as it should be – our health assessments could give you peace of mind on a range of issues.

You might have a specific health concern – we can offer specialised tests, and many of our health assessments give you time to discuss your concerns with a doctor.

You might have a health problem that runs in your family – we can look at your lifestyle and risks to give you the tests that are relevant to you.

Get to know your health

In today's busy world, health assessments are a chance to stop and take stock of your health and wellbeing. They give you a picture of where your health is at currently, with guidance on how to move it in the right direction for the future.

Knowledge and support

We offer a range of health assessments for different needs and priorities. With our main health assessments you'll benefit from:

- clinical tests and measures appropriate to your individual needs
- a physical examination and dedicated time with a health professional
- advice on your health and lifestyle and how you might make positive changes for the future
- follow-up support to help you stay on track with your health goals

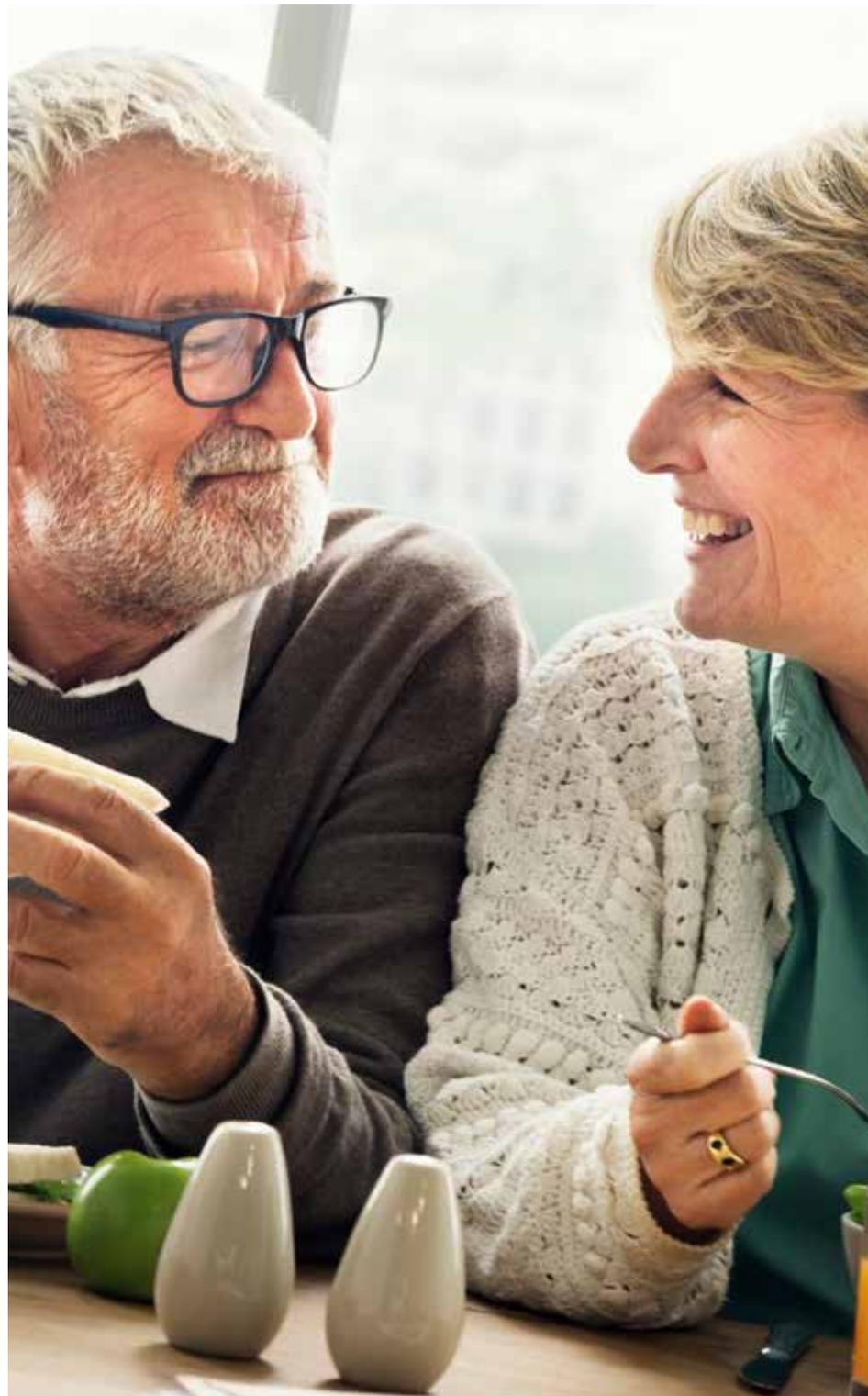
To find out more:

☎ **01745 561190**

🌐 **www.nhhpa.co.uk**

@ **contactus@nhhpa.co.uk**

We may record or monitor our calls. Appointments are subject to availability. Not all health assessments in our range are available at every Bupa health centre.



What results could you achieve?

We want to help you make real, lasting changes to your health and wellbeing. Here are just some of the changes our customers have reported so far.

80%

of customers changed their lifestyle habits either a little or a lot following their health assessment*

(based on a sample of 1,316 customers)

63%

felt better able to deal with stress*

(based on a sample of 205 customers who chose stress as their lifestyle focus)

58%

improved their sleep*

(based on a sample of 152 customers who chose sleep as their lifestyle focus)

34%

gave up smoking*

(based on a sample of 90 customers who chose smoking as their lifestyle focus)

*Source: Internal data - 2017 health assessment outcomes. Customers questioned about their wellbeing while on their second lifestyle coaching call.

How health assessments work

Your health assessment is more than an appointment; it can be the start of a journey towards better health. That's why we'll be here for you before your health assessment, on the day and beyond.



Tell us about you

Health questionnaire – we'll ask you to complete a questionnaire before the day. This will help us build a picture of you, your lifestyle and your medical history.

Health and wellbeing app – you can use your Boost app to start tracking your health habits.



Understand your current health

Welcome – you'll meet your dedicated health adviser and talk through your questionnaire together.

Testing – you'll have the relevant tests* for your health assessment.

Time with a doctor – depending on the assessment chosen, a doctor could spend up to an hour dedicated to you.



Get our guidance

Results review – you'll receive any results that are available on the day.

Lifestyle consultation – together with your health adviser, you'll decide on the areas of your health that you want to improve.

Goal setting – based on the findings of your assessment, we'll help you to set realistic and achievable health goals.



Feel the benefit of our support

Online results and video coaching – you'll be able to revisit your results anytime you like online with your My Bupa portal. Here, you can also access our health blog and video coaching.

Lifestyle coaching – as part of our ongoing support, you'll receive two follow-up telephone calls from our lifestyle coaches.

Boost app – you can use the app to set and track your health goals.

Anytime HealthLine – if you have any health questions in the year following your assessment, you can speak directly to a nurse any time of the day or night.

Who are our health advisers?

Our health advisers are trained to support you in leading a healthier lifestyle. They are nurses or specialists in areas of health such as exercise physiology and nutrition.

*Some tests may only be provided if clinically necessary.

Assessments available to you

Main assessments

At the heart of each health assessment is the key set of tests and measures included in Health Core, which our other options build on to help address more specific health issues and concerns.

Health Core

A well-rounded overview of your health to help uncover areas for improvement.

How long: 60 mins
Designed for: men and women aged 40 and under

Health Focus

A focused view of your health combined with up to 30 minutes with a doctor.

How long: 1 hr 30 mins
Designed for: men and women aged 50 and under

Health Enhance

An in-depth view of your health with male or female health checks and up to one hour with a doctor.

How long: 2 hrs
Designed for: men and women over the age of 40

Health Peak

Our most comprehensive health assessment including advanced fitness testing and up to one hour with a doctor.[^]

How long: 2 hrs 30 mins
Designed for: men and women aged over 18

Mature Health

Specifically designed for the over 65s, giving you a picture of your health and up to one hour with a doctor.

How long: 2 hrs
Designed for: men and women aged 65 and over

Specialised assessments

To help you address particular health concerns. These can be taken on their own or added on to any of our main health assessments. These may take place at a different centre to where you have your main health assessment. If this is the case we'll try to find the one most convenient for you.

Female Health

An in-depth assessment focused on breast and gynaecological health.

How long: around 60 mins
Designed for: women aged 25 and over

Mammogram

An X-ray of both breasts to detect changes in the breast tissue (if eligible).

How long: around 15 mins
Designed for: women aged 40 to 73 (annually) and every two years for women aged 50 and over

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[^]Please be aware that for medical reasons we may be unable to carry out the fitness test on the day. In this instance, if you have paid for your assessment yourself, you will be refunded for this part of the test.

Follow-up support

Using the results of your health assessment, you'll set some wellbeing goals with your health adviser on the day. And our support doesn't end there. We'll stay by your side in four ways to help you make the most of your future health and wellbeing.

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Results and online tools

You'll be able to access your results online whenever you like through your personalised online space, My Bupa. While you're revisiting your results you can also check out our useful information videos and online coaching programmes, all free to our health assessment customers.

Health coaching

With our health assessments you'll get two follow-up phone calls with a trained lifestyle coach, starting just two weeks after your assessment. They'll find out how you're doing with your wellbeing goals; giving you encouragement, helpful tips and more information if you need it.

Health and wellbeing app

Free to all our health assessment customers, the Boost app helps you set and track your health goals in four key areas:

- nutrition
- fitness
- relaxation
- mindfulness



Bupa Boost

Bupa Boost is supported on a wide range of Apple and newer Android devices. It is available either on the App Store for iOS or Google Play for Android.

Anytime HealthLine

You may have questions following your health assessment, so we have a supportive helpline you can call. The Anytime HealthLine gives you access to a team of nurses and GPs around the clock so you can get the right advice, right away.

