

Bupa health assessments

Helping you compare our health assessments



	Health Core	Health Focus	Health Enhance	Health Peak†	Mature Health	Female Health
Total duration of health assessment (minutes)	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
Understanding you						
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	✓	✓	✓	✓	✓	✓
Lifestyle assessment						
Diet	✓	✓	✓	✓	✓	✓
Physical activity	✓	✓	✓	✓	✓	✓
Smoking, alcohol and sleep behaviour	✓	✓	✓	✓	✓	✓
Cardiovascular disease risk score	✓	✓	✓	✓	✓	✓
Diabetes risk score	✓	✓	✓	✓	✓	✓
Healthy mind						
General mental health and stress assessment	✓	✓	✓	✓	✓	✓
Depression and anxiety assessment	✓	✓	✓	✓	✓	✓
Body composition						
Height, weight and body mass index (BMI)	✓	✓	✓	✓	✓	✓
Waist to height ratio	✓	✓	✓	✓	✓	✓
Body fat percentage	✓	✓	✓	✓	✓	✓
Heart and lungs						
Heart rhythm screening	✓	✓	✓	✓	✓	✓
Resting electrocardiogram (ECG)	✓	✓*	✓*	✓	✓	✓
Blood pressure (dual arm)	✓	✓	✓	✓	✓	✓
Blood pressure (one arm)	✓	✓	✓	✓	✓	✓
Lung function test	✓	✓	✓	✓	✓	✓
Chest X-ray	✓	✓	✓*	✓*	✓*	✓
Blood and urine						
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	✓	✓	✓	✓	✓	✓
Bowel health						
Blood in stool test to check for bowel cancer (age 45 plus)	✓	✓	✓	✓	✓	✓
Sensory						
Hearing assessment (alternative to musculoskeletal assessment)	✓	✓	✓	✓	✓	✓
Women's health						
Cervical smear test (age 25 plus)	✓	✓	✓	✓	✓*	✓
Human papilloma virus (HPV) test – if abnormality detected in smear	✓	✓	✓	✓	✓	✓
High vaginal swab (HVS)	✓	✓	✓*	✓*	✓*	✓*
Breast examination	✓	✓*	✓	✓	✓	✓
Men's Health						
Testicular examination	✓	✓*	✓	✓	✓	✓
Prostate examination	✓	✓*	✓	✓	✓	✓
Prostate specific antigen (PSA) blood test (age 50 plus)	✓	✓	✓	✓	✓	✓
Fitness						
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 ₂ max (predicted) using breath by breath gas analysis	✓	✓	✓	✓	✓	✓
– body metabolism and efficiency during exercise	✓	✓	✓	✓	✓	✓
– anaerobic threshold	✓	✓	✓	✓	✓	✓
Grip strength	✓	✓	✓	✓	✓	✓
Supporting you						
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.

‡Please be aware that for medical reasons we may be unable to carry out the fitness test on the day for some customers. If this is the case, the customer (or client if company paid) will be refunded for this part of the assessment.