



Your guide to Bupa Health Services

Bupa. Eduhealth.



Health Assessments

Tailored to your needs, health assessments are more than just a check up, it's the start of a journey towards better health and wellbeing.

Our health assessments have an **excellent NPS rating (74)**.

81% of customers said their health and wellbeing had **improved** either a little or a lot following their health assessment.*

*Data based on health assessments between January 2020 and December 2022.

Health and wellbeing plans

Be.Ahead



On-the-day assessment length

- 2 hours with a health adviser
- Up to 1 hour with a doctor

What's included?



Height assessment



Estimated energy requirement



Blood pressure test in both arms



Weight assessment



Body fat percentage



Check for diabetes – HbA1c, (non-fasting blood sugar test)



Body mass index (BMI)



Mobility and flexibility review



Comprehensive cholesterol profile



Waist to height ratio



Lung age (if you're a smoker or recent ex-smoker)



Haemoglobin test (for anaemia)



Prostate, testicular and breast screening examination



Resting heart activity (ECG, Kardia)



30 minute advanced fitness test by Wattbike

Bupa app – a digital base

- Over 1,500 live and on demand classes, from yoga to HIIT workouts
- Tailored exercise plans designed for all levels
- Guided meditations to help with breathing, sitting, working and stretching
- Articles and videos filled with proactive wellbeing advice

Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals based on test results
- Mental health and wellbeing discussion
- Behaviour change coaching

Ongoing health and wellbeing support

- Two follow-up coaching calls with a lifestyle coach
- Call a nurse 24/7 through our **Anytime HealthLine** (12 months)
- 12 months access to online mental wellbeing programmes provided by

SilverCloud Health

- 12 month's free access to digital wellbeing

Up to 60 minutes with a doctor

- Doctor can choose from additional tests, depending on what's clinically appropriate for your employee
- Talk through health concerns
- A closer look at mental health

Advanced fitness test powered by Wattbike*

- 30-minute in-depth look at fitness using a Wattbike – an intelligent smart trainer
- Plus a comprehensive personalised 12 week training programme

* Employees may not be able to go ahead with the advanced fitness test if they're taking certain medication or have a certain clinical condition.

To check eligibility, they'll need to speak our bookings team before going ahead.

Additional tests if clinically indicated:

- Kidney, liver and thyroid function tests
- Vitamin D, coeliac test, ferritin, B12, folate
- Full blood count

Age restricted tests

- PSA – prostate cancer blood test (Age 50 years plus)
- Cervical cancer screening test, with investigation if HPV detected (Age 25 years plus)
- Bowel cancer screening test, stool (Age 45 years plus)

* This health assessment is not suitable if you are more than 28 weeks pregnant. Before 28 weeks, you may attend but some tests may not be suitable.

You may attend a health assessment once you are 6 weeks post-natal.

Health and wellbeing plans

Be.Reassured



On-the-day assessment length

- 1 hour with a health adviser
- Up to 1 hour with a doctor

What's included?



Height assessment



Estimated energy requirement



Check for diabetes – HbA1c, (non-fasting blood sugar test)



Weight assessment



Body fat percentage



Comprehensive cholesterol profile



Body mass index (BMI)



Mobility and flexibility review



Haemoglobin test (for anaemia)



Waist to height ratio



Lung age (if you're a smoker or recent ex-smoker)



Heart rhythm screening



Prostate, testicular and breast screening examination



Blood pressure test in both arms

Bupa app – a digital base

- Over 1,500 live and on demand classes, from yoga to HIIT workouts
- Tailored exercise plans designed for all levels
- Guided meditations to help with breathing, sitting, working and stretching
- Articles and videos filled with proactive wellbeing advice

Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals based on test results
- Mental health and wellbeing discussion
- Behaviour change coaching

Ongoing health and wellbeing support

- Two follow-up coaching calls with a lifestyle coach
- Call a nurse 24/7 through our **Anytime HealthLine** (12 months)
- 12 months access to online mental wellbeing programmes provided by **SilverCloud Health**
- 12 month's free access to digital wellbeing

Up to 60 minutes with a doctor

- Doctor can choose from additional tests, depending on what's clinically appropriate for your employee
- Talk through health concerns
- A closer look at mental health

Additional tests if clinically indicated:

- Kidney, liver and thyroid function tests
- Vitamin D, coeliac test, ferritin, B12, folate
- Full blood count
- Heart rhythm screening (Kardia)
- Resting heart activity (ECG)

Age restricted tests

- PSA – prostate cancer blood test (Age 50 years plus)
- Cervical cancer screening test, with investigation if HPV detected (Age 25 years plus)
- Bowel cancer screening test, stool (Age 45 years plus)

*This health assessment is not suitable if you are more than 28 weeks pregnant. Before 28 weeks, you may attend but some tests may not be suitable.

You may attend a health assessment once you are 6 weeks post-natal.

Health and wellbeing plans

Be.Motivated



On-the-day assessment length

- 1 hour with a health adviser

What's included?



Height assessment



Body fat percentage



Comprehensive cholesterol profile



Weight assessment



Mobility and flexibility review



Qrisk Cardiovascular risk score



Body mass index (BMI)



Lung age (if you're a smoker or recent ex-smoker)



Qdiabetes risk score



Waist to height ratio



Blood pressure test in both arms



Estimated energy requirement



Check for diabetes – HbA1c, (non-fasting blood sugar test)

Bupa app – a digital base

- Create a health profile, set goals and access advice
- Build a unique health risk profile through a questionnaire – all based on clinically validated tools. From there, we'll recommend a health focus
- Tailored wellbeing content, including bitesize videos
- Link devices and upload wearable data

Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals based on test results
- Mental health and wellbeing discussion
- Behaviour change coaching

Ongoing health and wellbeing support

- Two follow-up coaching calls with a lifestyle coach
- Call a nurse 24/7 through our **Anytime HealthLine** (12 months)
- 12 months access to online mental wellbeing programmes provided by **SilverCloud Health**
- 12 month's free access to digital wellbeing

*This health assessment is not suitable if you are pregnant.

You may attend a health assessment once you are 6 weeks post-natal.

Specific health screenings

Mature health



Around age 65, different health concerns can play on the mind. We can give you some reassurance on how you're doing by looking at your health and lifestyle.

Reccomended for

- Aged 65 and over

On-the-day assessment length

- 60 minutes with a health adviser
- Up to 60 minutes with a doctor

What's included?



Height assessment



Anemia/ haemoglobin



Urinalysis, FOB



Weight assessment



Blood pressure test in both arms



Full blood count



Body mass index (BMI)



Resting heart activity (ECG)



Mobility and flexibility review



Waist to height ratio



Bloods - HbA1c, cholesterol, FBC, Biochemistry, Vit B12 & folate, kidney function, thyroid, anaemia



Prostate, testicular and breast screening examination



Grip strength



Qdiabetes - 10 year risk of diabetes



Liver function



Stool/ bowel cancer screening



Qrisk - 10 year risk of cardiovascular disease



Uric acid



Calcium

Health and wellbeing plans

Be. Ready



On-the-day assessment length

- 1 hour with a health adviser
- Up to 30 minutes with a doctor

What's included?



Height assessment



Estimated energy requirement



Blood pressure test in both arms



Weight assessment



Body fat percentage



Check for diabetes – HbA1c, (non-fasting blood sugar test)



Body mass index (BMI)



Mobility and flexibility review



Comprehensive cholesterol profile



Waist to height ratio



Lung age (if you're a smoker or recent ex-smoker)



Haemoglobin test (for anaemia)

Bupa app – a digital base

- Create a health profile, set goals and access advice
- Build a unique health risk profile through a questionnaire – all based on clinically validated tools. From there, we'll recommend a health focus
- Tailored wellbeing content, including bitesize videos
- Link devices and upload wearable data

Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals based on test results
- Mental health and wellbeing discussion
- Behaviour change coaching

Ongoing health and wellbeing support

- Two follow-up coaching calls with a lifestyle coach
- Call a nurse 24/7 through our **Anytime HealthLine** (12 months)
- 12 months access to online mental wellbeing programmes provided by **SilverCloud Health**
- 12 month's free access to digital wellbeing

Up to 30 minutes with a doctor

- Talk through health concerns
- A closer look at mental health
- A targeted physical examination following discussion with the GP

Additional tests if clinically indicated:

- Heart rhythm screening ECG
- Full blood count
- Prostate, testicular and breast cancer screening examination
- A targeted physical examination following a discussion with the GP

*This health assessment is not suitable if you are pregnant.

You may attend a health assessment once you are 6 weeks post-natal.

Specific health screenings

Breast Health

including mammogram



Identifying changes or abnormalities can help us spot signs of cancer earlier, meaning you can access the right support sooner.



Suitable for:

- Women aged 40+
We follow clinical guidance given for mammogram frequency and this differs depending on age. These are:
- Women aged 40-49
- Maximum one mammogram per year
- Women aged 50+
- Maximum one mammogram every two years



What's included?

- Breast examination
- Mammogram*
- Conversation on findings
- Follow-up advice

*During the appointment the doctor may identify aspects of their personal/family history or an abnormality on examination that may result in a mammogram not being the most suitable test. If this is the case, they will provide alternative options and advice.



Times

- Doctor time - 15 minutes
- Radiographer - 15 minutes

Note: Not all of our centres have mammogram facilities, so you may see the Doctor in one centre and travel a short distance for your mammogram. You will be made aware if this is the case.



Mammograms

For an additional cost, a mammogram can also be added to some of our Health Assessment and Targeted Cancer Screening appointments.

Specific health screenings

Colon Health



Using a specialised CT scan to create images of your bowel, we look for signs of bowel cancer and polyps. Polyps are small growths that may need monitoring and sometimes removing.



Suitable for:

- Men and women aged 45 and over*
- Those who are low risk (used as an initial screening)

*Testing intervals must be at least 5 years apart

*Not recommended for those with symptoms and/or a strong family history of bowel cancer. Alternative tests may be more appropriate.



Times

- In-centre consultation – up to 30 minutes
- Scan – times may vary
- Phone or face-to-face conversation with a Bupa doctor (around two weeks later) – 15 minutes



What's included?

- Pre-check information pack
- Doctor consultation to talk through any concerns and your suitability for the scan
- CT scan of colon and rectum if appropriate. **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 next steps if necessary

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.

Specific health screenings.

Targeted Cancer Screening



We'll focus on spotting signs of some of the most common cancers and support with any next steps, without the need for a GP referral.



Recommended for:

- Those aged 18 and over*

*HPV/Smear tests are not clinically recommended for those under 25. Under 25's can discuss their concerns with a doctor who will advise on best next steps if there are medical concerns about this.



Times

- In-centre consultation with a GP
- up to 30 minutes

Testicular cancer

Advice on the signs and symptoms of testicular cancer and examination if needed.

- Review of medical history relating to testicular cancer
- Testicular examination¹

Prostate cancer

Advice on the signs and symptoms of prostate cancer, plus a PSA blood test and examination if needed.

- Review of medical history relating to prostate cancer
- PSA - Prostate cancer screening blood test. Aged 50+ or 45+¹ if clinically indicated.
- Prostate examination¹
- Onward referral during the appointment or once the PSA results are in, if needed.

Breast cancer

Get a picture of your current breast health and discuss any potential concerns with a GP.

- Full consultation including medical history review related to breast cancer
- Breast examination
- Onward referral during the appointment or upon receipt of any test results, if needed.

Cervical cancer

Get a picture of your current cervical health and discuss any potential concerns with a GP.

- Full consultation including medical history review related to cervical cancer
- Cervical examination¹ if clinically indicated
- Test for human papilloma virus (HPV) for those aged 25 and over²
- Onward referral during the appointment or upon receipt of any test results, if needed.

¹ Based on the results of the health questionnaire, depending on risk factors and medical history. Some tests may only be provided if considered appropriate by the doctor.

² Smear will be carried out if HPV virus is present, in line with NHS guidelines for best practice.

*This health assessment is not suitable if you are pregnant. You may attend a health assessment once you are 12 weeks post-natal.

This health assessment is **only** suitable for those without symptoms.

Add ons

- Mammography: Aged 40+
- Bowel cancer screening test (stool) 45+
- Colon CT (Computerized Tomography) 45+

Health Assessment Prices

Health Assessment Prices Effective 01/01/2026 to 31/12/2026

Bupa Assessment Name	Eduhealth Client Price(valid until 31/12/2026)	Standard Bupa Price
Be.Ahead	£919	£1199
Be.Ahead + Colon	£1988	£2268
Be.Ahead + Colon + Mammogram	£2140	£2420
Be.Ahead + Coronary	£1893	£2173
Be.Ahead + Coronary + Mammogram	£2045	£2325
Be.Ahead + Mammogram	£1071	£1351
Be.Motivated	£208	£289
Be.Ready	£492	£492
Be.Reassured	£713	£929
Be.Reassured + Colon	£1782	£1998
Be.Reassured + Colon + Mammogram	£1934	£2150

Health Assessment Prices

Health Assessment Prices Effective 01/01/2026 to 31/12/2026

Bupa Assessment Name	Eduhealth Client Price(valid until 31/12/2026)	Standard Bupa Price
Be.Reassured + Coronary	£1687	£1903
Be.Reassured + Coronary + Mammogram	£1839	£2055
Be.Reassured + Mammogram	£865	£1081
Colon (Standalone)	£1069	£1069
Coronary (Standalone)	£1264	£1264
Targeted Cancer Screen (Breast & Cervical/Prostate& Testicular)	£208	£219
Be.Well Mature Health	£772	£1009
Bupa Menopause Plan	£299	£299
Targeted Cancer Screen+Mammogram	£360	£371
Targeted Cancer Screen+Bowel	£258	£269
Targeted Cancer Screen+Mammogram+Bowel	£410	£421



Contact us

We're happy to help.



Telephone:
0345 226 9938

Email:
Enquiries@eduhealth.co.uk

Office hours:
9am to 5pm each week day