



Bupa



ed@
health



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 Assessments

Be.Motivated

Curious about improving your health? Identify opportunities to make some positive lifestyle changes with a health adviser. Plus, get tips on how to make them last.

What's included?

Bupa app – a digital base

Face-to-face consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Core tests, including blood tests for type 2 diabetes and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your health risk profile

Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

On-the-day assessment length.

Health adviser – 60 minutes



Health Assessments

Be.Ready

Want to know more about your health? To feel empowered to make changes? Do it with a health adviser and doctor on your side. You'll get expert insight on how you're doing, plus advice on managing any potential health issues.

What's included?

Bupa app – a digital base

Face-to-face consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Core tests, including a heart rhythm screening and blood tests for type 2 diabetes, anaemia and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your health risk profile – with behaviour change coaching

Up to 30 minutes with a doctor

- Talk through health concerns
- A closer look at your mental health

Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

On-the-day assessment length.

Health adviser – 60 minutes

Doctor – up to 30 minutes

Be.Reassured

Something on your mind? Whether it's a health concern that runs in the family or you need extra confidence to make some lifestyle changes, we're here. Check out your health risks with a doctor, from heart disease to diabetes. And leave with lasting advice you can use.

What's included?

Bupa app – a digital base

Face-to-face consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Core tests, including a heart rhythm screening and blood tests for type 2 diabetes, anaemia and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your health risk profile – with behaviour change coaching

Up to 60 minutes with a doctor

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

Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

On-the-day assessment length.

Health adviser – 60 minutes

Doctor – up to 60 minutes

Health Assessments

Be.Ahead

Want to push yourself further? Do it with our most comprehensive plan. With the support of a health adviser, doctor insight, and an advanced fitness test, you'll be armed with the right knowledge to take your wellbeing to the next level.

What's included?

Bupa app - a digital base

Face-to-face consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Core tests, including a heart rhythm screening and blood tests for type 2 diabetes, anaemia and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus - based on your health risk profile - with behaviour change coaching

On-the-day assessment length.

Health adviser - 120 minutes
(includes advanced fitness test)

Doctor - up to 60 minutes

Advanced fitness test powered by Wattbike*

- 30-minute in-depth look at fitness using a Wattbike - an intelligent smart trainer

* You may not be able to go ahead with the advanced fitness test if you are taking certain medication or have a certain clinical condition. To check your eligibility, speak to our friendly team before you choose this health and wellbeing plan.

Up to 60 minutes with a doctor

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

Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)



Scan here to watch a walkthrough of our Health Assessments.



Remote Health Assessments



Be.Healthy at Home

Been wondering about your health and wellbeing? Now you can get a series of health checks, talk to a health adviser and get 365 days of support – all from the comfort of your home.

What's included?

Bupa app – a digital base

- Virtual coach, will help you navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build your unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
 - **Nutrition for weight management**
 - **Nutrition for fitness performance**
 - **Nutrition for healthy living**
 - **Healthy gut**
 - **Healthy heart**
 - **Exercise for weight loss**
 - **Exercise for fitness performance**
 - **Exercise for healthy living**
 - **Managing alcohol intake**
 - **Stopping smoking**
 - **Managing stress**
 - **Improving sleep**
- Tailored wellbeing content based on your health risk profile
- Upload wearable data to help you track goals and start group challenges

Home testing kit

- Blood sampling device
- Tape measure (to keep)
- Blood pressure monitor (to keep)

45-minute video consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Talk through blood test results for type 2 diabetes and cholesterol, along with your cardiovascular disease risk level
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your health risk profile – with behaviour change coaching

Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

Be.Healthy at Home Plus

Looking for a convenient way to check in on your health and wellbeing? Speak to a health adviser and doctor about your mental and physical health – all from the comfort of your home. Plus, you'll get 365 days of support to help you make lasting changes.

What's included?

Bupa app – a digital base

- Virtual coach, who will help you navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build your unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
 - **Nutrition for weight management**
 - **Nutrition for fitness performance**
 - **Nutrition for healthy living**
 - **Healthy gut**
 - **Healthy heart**
 - **Exercise for weight loss**
 - **Exercise for fitness performance**
 - **Exercise for healthy living**
 - **Managing alcohol intake**
 - **Stopping smoking**
 - **Managing stress**
 - **Improving sleep**
- Tailored wellbeing content based on your health risk profile
- Upload wearable data to help you track goals and start group challenges

Home testing kit

- Blood sampling device
- Tape measure (to keep)
- Blood pressure monitor (to keep)

Up to 30 minutes with a doctor by video or phone

- Talk through health concerns
- A closer look at mental health where required

45-minute video consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Talk through blood test results for type 2 diabetes and cholesterol, along with your cardiovascular disease risk level
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your health risk profile – with behaviour change coaching

Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)



Specific Health Checks



Specific Health Checks

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.

Testicular Health

Advice on the signs and symptoms of testicular cancer.

- Review of medical history relating to testicular cancer
- Testicular examination*

Prostate Health

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

- Review of medical history relating to prostate cancer
- PSA - Prostate cancer screening blood test 50+*
- Prostate examination*
- Onward referral during the appointment or once the PSA results are in, if needed.

* 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.

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

Times

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

Breast Health

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* if clinically indicated
- Onward referral during the appointment or upon receipt of any test results, if needed.

Cervical Health

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 examination^ if clinically indicated
- Test for human papilloma virus (HPV) for those aged 25 and over*
- Onward referral during the appointment or upon receipt of any test results, if needed.

Add ons

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

Specific Health Checks

Mature Health

When reaching 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.

Recommended for: What's included?

- Aged 65 and over
 - Body Composition – height, weight, waist to height, BMI
 - BP, resting ECG, heart rhythm screening
 - Bloods – HbA1c, cholesterol, FBC, Biochemistry, Vit B12 & folate, kidney function, thyroid, anaemia
 - Urinalysis, FOB
 - Hearing assessment
 - MSK – Touch toes, walk corridor
 - Grip strength
 - Physical examination – testicular and prostate, breast and cervical
- ### Times
- Health adviser – 60 minutes
 - Doctor time – 60 minutes

Mammogram

Mammograms are available as a standalone check, this can be added to the following health assessments for an additional cost:

- [Be.Reassured](#)
- [Be.Ahead](#)
- [Targeted Cancer Screening](#)
- [Mature Health](#)

This check is suitable for those aged 40 and over.

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: What's included?

- Aged 45 and over
 - Key measurements, including: height, weight, BMI, body fat, waist, waist-height, basal metabolic rate, dual arm blood pressures and an ECG, if clinically needed
 - Those with a strong family history or have a raised cardiac risk with no current cardiac symptoms
 - 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
- ### Times
- Radiographer – times may vary
 - Health adviser – 30 minutes
 - If added on to a health assessment, this is an extra 15 minutes Doctor time to the health assessment

Specific Health Checks

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:

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

*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
- A liquid dye that you'll need to drink over a day or two before your test to help show up any abnormalities in your large bowel.

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





Private Primary Care services



Private Primary Care services

We offer routine GP services:

- Face-to-face in a Bupa Centre
- By video or telephone
- Onsite

We also offer specialised services:

- Ear wax removal
- Menopause Plan
- Sexual Health services
- Period Plan

Flexible payment options:

- Pay per appointment
- Block booking or onsite fixed fee
- Unlimited GP

Features and benefits

- Access to private prescriptions that can be delivered free of charge or collected from a pharmacy of choice.
- Access to basic diagnostic tests either in one of our Bupa Centres or through our remote diagnostic service.
- Continuity of care between our remote and face to face services.

- Fast access - we aim to make routine GP appointments available within 48 hours.
- Confidential and professional services with experienced Bupa GP's.
- Services available in our conveniently located centres or from wherever you are by video or phone.
- Our Primary Care services receive excellent customer feedback with a NPS rating of 80 across our GP, Menopause, Ear wax removal and Sexual Health Services.



Bupa



ed
health

Period Plan

The period support
you're looking for.



Period Plan

Heavy, painful and irregular periods can be severely disruptive to your mental and physical wellbeing. It means you're less likely to feel and perform at your best. Fast access to expert period support can help to boost your wellbeing and enhance your day to day life.

What's included in our Period Plan



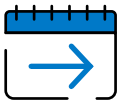
45 minutes with a GP

who will listen, advise and support your specific needs.



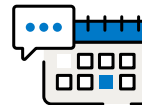
Physical Checks

around the tummy, plus a full blood count and/or pregnancy test, if clinically required*



Help navigating next steps

be that treatment, a prescription[^], further diagnostic tests or an onward referral.



A 15-min follow-up appointment when needed.[†]

Plus, 12 months' access to our 24/7 Anytime HealthLine for ongoing support.

16.7 million

sick days are estimated to be taken annually due to periods¹

You don't have to face period problems alone. We'll provide fast access to tailored guidance from empathetic GPs who really understand their symptoms and concerns.

*Full blood count and/or pregnancy test is included if clinically indicated. There will be additional charges for any other tests required.

[^]The cost of the prescription isn't covered by the health scheme.

[†]Follow-up appointment available up to 12 months from the initial appointment.

¹Bupa Wellbeing Index 2024.

The Bupa logo consists of the word "Bupa" in white sans-serif font on a blue square background, with a white heartbeat line graphic below it.The ed health logo features the text "ed" in white and "health" in white on a green square background, with a white medical cross icon between the two words.

Menopause Plan

Helping everyone feel
their best.



Menopause Plan

Most people who experience the menopause do so during their working life. For some, symptoms can become so unmanageable, they're forced to leave their job or give up things you enjoy. With our Menopause Plan, we'll offer you tailored menopause support so you can feel confident managing your symptoms.

Fast diagnosis. First time

We train our GPs to spot and act on the signs of menopause right away. Opening up quicker access to treatment.

No one size fits all

Everyone's experience is different. From joint problems and fatigue, to hot flushes and sleepless nights. Our GPs have the knowledge to connect the dots and offer personalised advice.

Support at the right time

There isn't a set age when menopause starts, and sometimes there are reasons it starts early. Whenever you feel you are experiencing symptoms of the Menopause our Plan can help.



Menopause Plan

You will receive:

- 45 minutes with an experienced, menopause-trained GP – face to face or by video – identifying symptoms, discussing concerns, and advising on any next steps
- A 30 minute follow-up appointment that can be taken when needed within 12 months of the first appointment
- A private prescription if needed*
- 12 months' access to our nurse-led Anytime HealthLine

*cost of medication is not included.

The Bupa logo consists of the word "Bupa" in white, sans-serif font, positioned above a white stylized heartbeat line. The entire logo is set against a solid blue square background.The ed@health logo features the text "ed@health" in white, sans-serif font. The "@" symbol is replaced by a white circle containing a stylized human figure. The logo is set against a solid green square background.

Menopause Continued Care Plan



Menopause Continued Care Plan

Ongoing support for a complex issue

Menopause symptoms don't always end after 12 months. So neither should the support plan. That's why you can benefit from an additional 12 months' support with our Menopause Continued Care Plan – an annual care package, as often as you need it. This makes sure you're managing your symptoms well and continuing to be your best self.

53%

of menopausal women can recall times they were unable to go into work due to their symptoms.

Source: <https://www.cipd.org/uk/knowledge/reports/menopause-workplace-experiences/>

9 in 10

people saw an improvement in their menopause symptoms after accessing the Plan.

Source: Bupa internal data 2022.



Menopause Continued Care Plan

- 30-minute annual review appointment with an experienced, menopause-trained GP
- Two 15-minute follow-up appointments that can be booked when you need them within 12 months of the annual review*
- An additional repeat prescription if required within 12 months
- Help navigating next steps if required, this might be an onward referral to additional care
- 12 months' access to our nurse-led Anytime HealthLine

*these can be used to obtain a repeat prescription if required



Discounted rates with Eduhealth



Health Assessment Prices

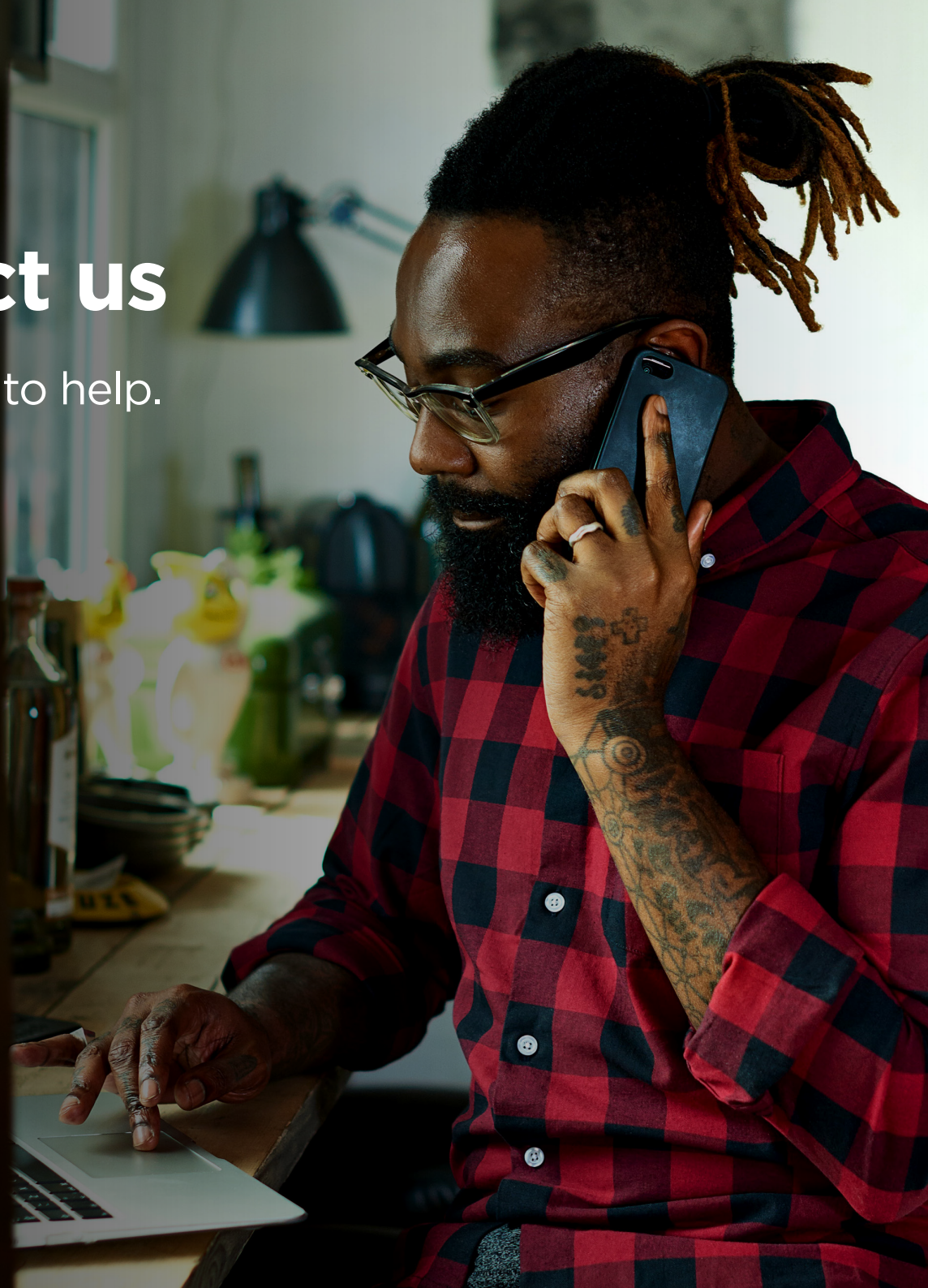
Health Assessment Prices Effective 01/01/2025 to 31/12/2025 (NEW BUSINESS ONLY)

BOSS Code	Product Name	Standard Rate	Eduhealth Rate
B6054	Be.Ahead	£1105	£859
B6058	Be.Ahead + Mammography	£1247	£1001
B6052	Be.Reassured	£855	£665
B6055	Be.Reassured + Mammography	£997	£807
BHM00	Health Mature	£927	£721
BHM03	Health Mature + Mammography	£1069	£863
B6053	Be.Ready	£591	£460
B6051	Be.Motivated	£249	£194
B6393	Be.Healthy at Home		£181
B6394	Be.Healthy at Home Plus		£283
B7287	Targeted Health Screen		£194
B7283	Targeted Health Screen + Mammogram		£336
B7286	Targeted Health Screen + Bowel		£241
B7282	Targeted Health Screen + Mammogram + Bowel		£383



Contact us

We're happy to help.



Telephone:

0345 226 9938

Email:

Enquiries@eduhealth.co.uk

Office hours:

9am to 5pm each weekday



Bupa Health Assessments, Menopause Plan, Healthy Minds, Employee Assistance Programmes and GP services are provided by Bupa Occupational Health Limited. Registered in England and Wales No. 631336. Registered office: 1 Angel Court, London EC2R 7HJ