

# Health Assessment offer. London clinics.



Consumers booking and completing any Health Assessment at one of Bupa's central London clinics from 26 July to 5 September will be eligible to redeem one of the following services within three months of their completed Health Assessment:

- 15-minute virtual GP appointment to discuss any health concerns
- 30-minute follow up Health Adviser appointment (including follow up blood test if required)
- Initial Physio appointment if need is identified during Health Assessment
- Home workstation assessment (video call)
- COVID-19 Rapid Antibody test

Health adviser to support what offer to redeem and what would be most suitable.

Follow up health adviser option: Recommend 8 to 12 weeks post health assessment – 30 mins max with a discussion on what to follow up based on results:

- Two items from the following list based on conversation with health adviser:
  - Anthropometry – includes height, weight, waist, body composition
  - Blood pressure – one BP reading, single arm
  - Lipid profile – to check cholesterol
  - Hba1c – diabetes test
- Where relevant at every follow up:
  - Qrisk 3
  - Qdiabetes
- Lifestyle discussion – all of the below in every follow up
  - Revisit previous Action Plan
  - Behaviour change conversation
  - Goal setting

Simply quote the code **'bewellsummer'** when you call to book your free service.

## The legal bit

Must be aged 18 years and above. Excludes all company paid schemes. Offer only applies to the following Bupa Health and Wellbeing plans on a self-pay basis only: Be.Motivated, Be.Reassured and Be.Ahead and at the following London clinics: Kings Cross, London Canary Wharf (Crossrail), London Chancery Lane, Mortimer Street and Basinghall. Separate terms and conditions shall apply to and govern all Bupa Health and Wellbeing plans and products.

The offer shall be available for Be.Motivated, Be.Ready, Be.Reassured and Be.Ahead Health Assessments booked and completed during the following offer period: 26 July 2021 until 5 September 2021 (inclusive). The offer must be redeemed within three (3) months of a completed Bupa Health Assessment.

Not all types of Bupa Health and Wellbeing plans are available at each Bupa Health Centre. Bupa reserves the right to hold, void, cancel, suspend, amend or withdraw the promotion at any point. By accepting this offer, you are deemed to have accepted and agreed to be bound by these terms and conditions. This promotion will be governed by English law and subject to the jurisdiction of the English courts. To the fullest extent permitted by law Bupa Occupational Health Limited and the Bupa group of companies shall not incur any liability for any claims, damages, losses or other liabilities whatsoever arising under or otherwise in connection with this offer.

The offer is non-transferable, non-exchangeable, has no cash value/alternative and cannot be used in conjunction with any other offers or discounts. The offer is single-use only and cannot be used multiple times within the offer period. Bupa reserves the right to decline to offer an applicant a Health Assessment in its absolute discretion and Bupa's decision regarding any aspect of this promotion is final.

We recognise that when you give us personal information (which includes health information) you're trusting us to take good care of it. Please see [bupa.co.uk/privacy](https://www.bupa.co.uk/privacy) for more information about how we collect, use and protect your data.