

Medication Check

now included with health insurance



My
Genomic
Health



Ready to find more effective medicine?

With one simple test, you can start to take control of your long-term health.

The Medication Check is available to everyone from 2 August 2026, regardless of your policy start date.

That's another big reason to be with Bupa.

What is a Medication Check?

It's a powerful at-home DNA test that analyses your unique response to over 100 wide-ranging medicines.

So if you take regular medicine to manage a condition – like pain relief, cardiovascular disease, or your mental health – it could help you find more effective treatment.

That means no more wasted time or money on less efficient prescriptions.

How it works

1. Order using My Bupa

First, log in to the My Bupa app. Bupa will ask you a few questions to make sure the test is right for you.

2. Take the test

Bupa will send you a DNA test kit in the post. After completion, you should return it using the prepaid packaging.

3. Get the results

You'll receive a full report with your results within **four to six weeks**.

4. Talk to a GP

If you'd like to talk through your results, you can book a digital GP appointment with a Bupa GP. This is included in the service.

How it helps

One simple test

A speedy DNA sample is all it takes to unlock the answers in your body. The test is quick and easy to order through the My Bupa app.

Clear results

With a full report of Bupa's findings, you can find a prescription that's truly personal. Plus, if you'd like to talk it all through, access to a digital appointment with a Bupa GP is included.

Included in your cover

You won't need to pay anything for a Medication Check, but it will be treated as a claim on your policy. Using the benefit won't impact your outpatient benefit allowances, no-claims discount or Low Claims Bonus (if applicable). Excess and co-payments also won't apply.

Health assessments and My Genomic Health products are not regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

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