



**My
Genomic
Health**

Leading the way in **preventive healthcare**

➤ **My Prevention Plan available
from 1 September 2026**



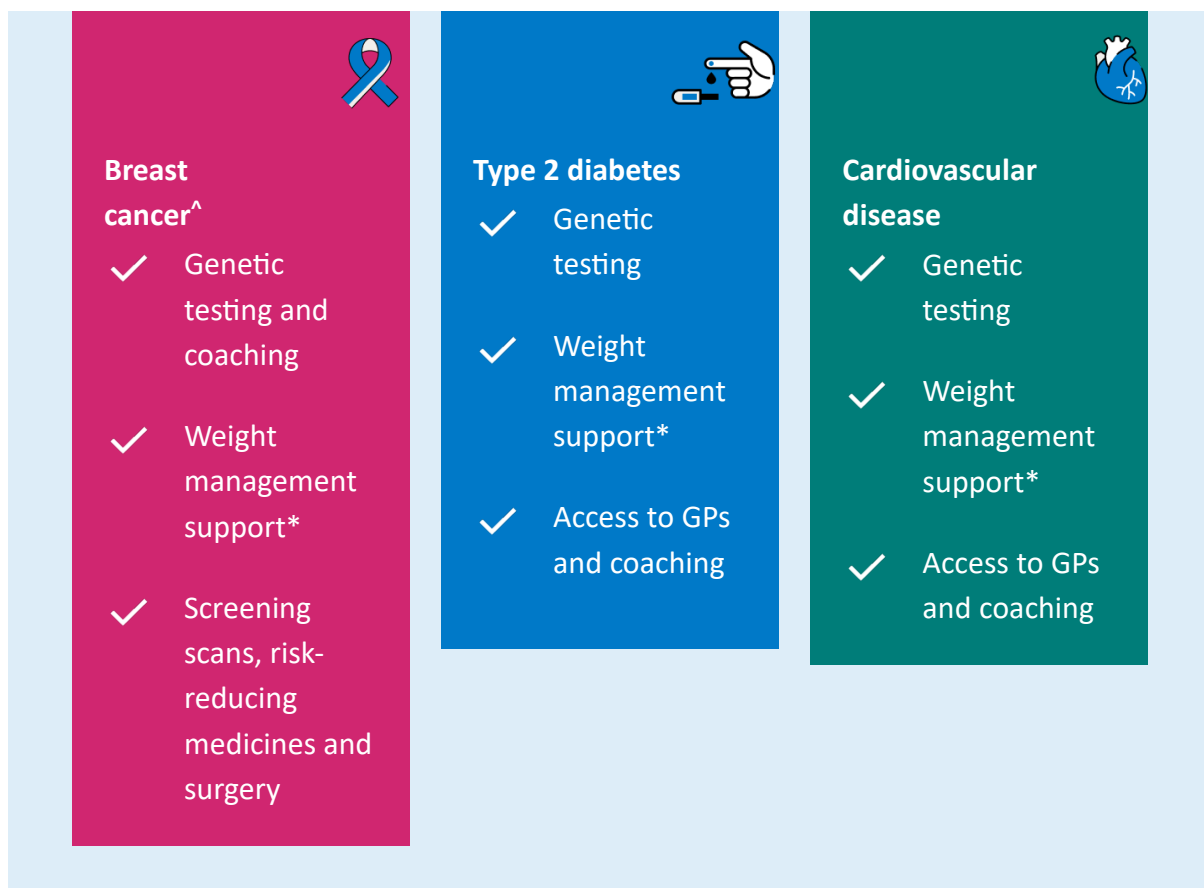
A groundbreaking new benefit for your personal and small business clients

Your clients shouldn't have to wait for a symptom or scare before they get expert care. That's why we're introducing **My Prevention Plan**.

It's a **new benefit** that helps them understand their personal risk of developing **breast cancer, cardiovascular disease and type 2 diabetes** in the future.

Depending on their results, they could be offered preventive treatment tailored to them, like coaching, risk-reducing surgery or up to **£400 towards a weight management plan.***

What care could be available with My Prevention Plan?



The tests we offer may vary based on age, family history, sex at birth, existing health conditions and clinical risk factors.

Key details about My Prevention Plan

- Available to new and renewing personal and small business clients from **1 September 2026**. This doesn't include our consumer Unit and Standard products, the prompt diagnosis variant of Bupa By You or third-party products like Saga.
- It can be used by **everyone named on their policy** aged 18 or over. Each person must have had at least 12 months' continuous cover with a Bupa health insurance policy to be eligible for the plan.
- Starts with a short questionnaire in the My Bupa app, followed by a **preventive assessment** at a Bupa health centre. This includes a blood test. A £100 payment is usually required for this, but if they attend their appointment **before 1 December 2026, there will be no extra cost**.

[Tell your clients about My Prevention Plan](#)

To help you answer any questions, we've created an FAQ sheet, a one-pager for you and a one-pager you can send to your clients.

[FAQ sheet](#)

[Adviser one-pager](#)

[Client one-pager](#)

**For more information on My Prevention Plan,
contact your account manager or business
development manager.**

Your clients deserve the best
We're the first major UK health insurer
to offer preventive care as standard.



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