



BNP PARIBAS

BNP Paribas UK  
**Employee health screening  
programme 2025**





## Contents

- 3 reAssure health screens
- 6 Your health assessment journey
- 7 Advanced screening
- 11 What is lifestyle medicine?
- 12 Coaching pathways
- 14 Meet the experts
- 17 Case study: The importance of proactive screening
- 18 Screening locations

## Personalised healthcare with GP-led health screening

A health screening empowers you to make life changing decisions when it comes to your health.

A reAssure health screen with HCA Healthcare UK is a comprehensive, market-leading health assessment, which is led by an experienced GP. As a BNP Paribas employee, your company-paid reAssure screen will be tailored to your own needs, focusing on key health issues.

“

An extremely pleasant and positive experience with the clinician and the doctor. They both took time to understand my lifestyle, issues and concerns and suggested some very simple and practical advice. ”

HCA Healthcare UK reAssure patient satisfaction survey



More than **2,500** BNP Paribas employees booked a health screen in 2024



## What is included in a reAssure health screen?

**A reAssure health screen is suitable for anyone over 18 years old and includes up to 46 tests.**

It will last a minimum of 45 minutes, giving you the quality time you need with an experienced GP to raise any



### **Your reAssure health screening includes:**

- A lifestyle questionnaire, a physical examination and a core set of blood test results.
- Access to regular lifestyle reviews and ongoing support and personalized coaching from our physiologist, psychologist and nutritionist.
- Your own personalised screening report, containing expert advice and practical tips for lifestyle improvements, accessible via the online patient portal.
- Clinically appropriate recommendations for additional advanced screening tests based upon your family history and known risk factors for specific health conditions.
- The option for doctor-led health screens while you are working from home.



VISIT OUR  
ONLINE PORTAL



### **How do I book a reAssure screen?**

To book your reAssure health screen, please get in touch. From January 2025, you will also be able to book via the HCA patient portal.

**E:** [appointments@hcaprimarycare.co.uk](mailto:appointments@hcaprimarycare.co.uk)

**T:** 0345 437 0691 (option 2)



# What's included in your reAssure screen

Sections	Medical Tests	In clinic	Virtually
Medical history	Medical history and lifestyle questionnaire	●	●
Genetic testing	Invitae (Disease risk)*	●	●
Male specific	Testicular examination	●	
	Prostate specific antigen (PSA) (> 45 years)	●	●
	Testosterone blood test**	●	
Female specific	Pelvic examination	●	
	Cervical smear test (Thin prep)	●	
	Human papillomavirus infection (HPV)	●	
	Rubella antibodies blood test (if reproductive age)	●	●
	Breast examination	●	
Physiological	Physical examination	●	
	Doctor consultation	●	●
	Body mass index (BMI)	●	●
	Waist to hip ratio	●	●
	Body fat percentage	●	
	Tissue hydration	●	
	Blood pressure and heart rate	●	●
	Qrisk & cardiovascular risk score	●	●
	Diabetes risk score	●	●
	Basic metabolic rate (BMR)	●	●
	Clinical mole check	●	
	Quantitative Faecal Immunochemical Test (Q-Fit test)	●	●
	Pulse wave velocity (PWV)**	●	

\* This test can only be performed once

\*\*Available for over 40s. Available to under 40s only if clinically indicated

\*\*\* Available if clinically indicated

Sections	Medical Tests	In clinic	Virtually
Body chemistry	Full haematology profile and erythrocyte	●	●
	Vitamin D	●	●
	Serum glucose (Diabetes check)	●	
	Renal (kidney) function	●	●
	Bone minerals	●	●
	Uric acid test (Gout check)	●	●
	Protein levels and liver function	●	●
	Cholesterol, plus fractions and ratios	●	●
	Thyroid (TSH)	●	●
	Serum iron	●	
	HbA1C diabetes test (more accurate than fasting glucose)	●	●
	Urinalysis	●	●
	PLAC test**	●	
Advanced screening***	Mammogram	●	
	Ovarian cancer scan	●	
	CT virtual colonoscopy	●	
	CT angiogram	●	
	Fibroscan	●	
	Low-dose lung CT scan	●	
	Optical colonoscopy	●	
	Prostate MRI	●	
	Dexa scan	●	
	Abdominal Aortic Aneurism Ultrasound (AAA)	●	
	Abdominal ultrasound	●	
Personalised coaching	Physiologist	●	●
	Psychologist	●	●
	Dietitian	●	●

# Your health assessment journey

## Timelines

**Year 1:** reAssure health screen

---

**Year 2:** Lifestyle medicine review

---

**Year 3:** reAssure health screen

---

**Year 4:** Lifestyle medicine review

---

**Year 5:** Cycle continues

---



The chart below shows the steps involved in the BNP Paribas employee health assessment journey.

### reAssure health screen

**Step 1:** Contact the HCA Healthcare UK bookings team to book your appointment.

**Step 2:** Complete reAssure screen (includes Invitae if opted in)

A report will be sent to you following your screen.



### Advanced screening and coaching pathways

Following any abnormal results, company paid advanced screening tests could be recommended if clinically appropriate. Coaching pathways can also be utilised based on age and risk factors. You are booked via a concierge service.



### Lifestyle medicine review

In-between Health screening years (see chart above), you will be recalled for a blood test and lifestyle review. Invitae can be completed at this stage if it was not carried out at the initial health screen. Advice can be given about advanced screenings during these sessions if clinically appropriate.



# Advanced screening

Your GP may recommend you have one or more of the following tests based on but not limited to the below risk factors.

- Age
- Family history
- Genetics
- Lifestyle

You can access these tests more than once\*, as long as it is clinically appropriate. All radiation emitting tests are unsuitable for pregnant women.

## Invitae - Genetic Screening

The invitae genetics test will determine your risk of developing a range of medical conditions including many of the common cancers and cardiovascular disorders. All that is required is a simple saliva sample. This test will provide a better understanding of your health and lifestyle as well as identifying suitable screening tests and possible treatments.

## Mammogram

A mammogram is an X-ray scan that is used to detect early signs of breast cancer when anomalies are too small to see or feel. Your breasts will be X-rayed one at a time and each breast is X-rayed twice, from different angles, in order to identify issues such as cancerous

cells. Breast cancer is the most common cause of cancer in the UK, and the chances of extensive treatment and risk of further complications are significantly reduced as a result of regular screening. This test is unsuitable for women who are breastfeeding.

## Ovarian cancer scan

Ovarian cancer is the fifth most common cancer in women, but it tends to be diagnosed late. There are two recognised screening methods for ovarian cancer. One is a CA125 protein blood test. High levels can indicate a cancer risk. The other is a pelvic ultrasound, a minimally invasive imaging test where ultrasound waves are used to create an image of the inside of your abdomen.

\*with the exception of Invitae, which can only happen once.



## Advanced screening



### CT virtual colonoscopy

This procedure uses low-dose radiation CT scanning to obtain an interior view of the colon, with the goal being to identify pre-cancerous polyps or bowel cancer. This method is a preferred alternative to the more invasive endoscopic procedure. During the examination, a small tube is inserted into the rectum, where clear CT images of your bowel and other abdominal organs are captured. Bowel cancer is the third most common form of cancer in the UK, with over 40,000 cases detected annually.

### CT angiogram

This screen is a non-invasive and quick diagnostic imaging test that looks at the arteries that supply blood to the heart. It will help you understand whether or not you have any narrowing of the coronary arteries. Approximately 2.7 million people in the UK currently live with coronary heart disease, with genetic pre-dispositions significantly increasing your risk of development.

### Fibroscan

The number of people being diagnosed with fatty liver and alcoholic liver disease has risen in recent years. This advanced screen is a non-invasive, painless, diagnostic imaging test which looks at liver elasticity. An ultrasound probe will hover over your stomach for approximately 15 minutes before the images are finalised.



## Advanced screening

### Pulse wave velocity (PWV) and PLAC test

Pulse wave velocity (PWV) is a test used to measure artery stiffness and heart disease. It is available to anyone over the age of 40. A health clinician will firstly perform a blood test to assess the concentration of the Lp-PLA2 enzyme. This enzyme is a marker for blood vessel inflammation, which is linked to increased arterial plaque and risk of coronary heart disease. Secondly, they will conduct the PWV test. They will place a cuff around your arm, which will move from loose to tight periodically over the course of one to two minutes. This non-invasive cycle is completed four times in total.

### Low-dose lung CT scan

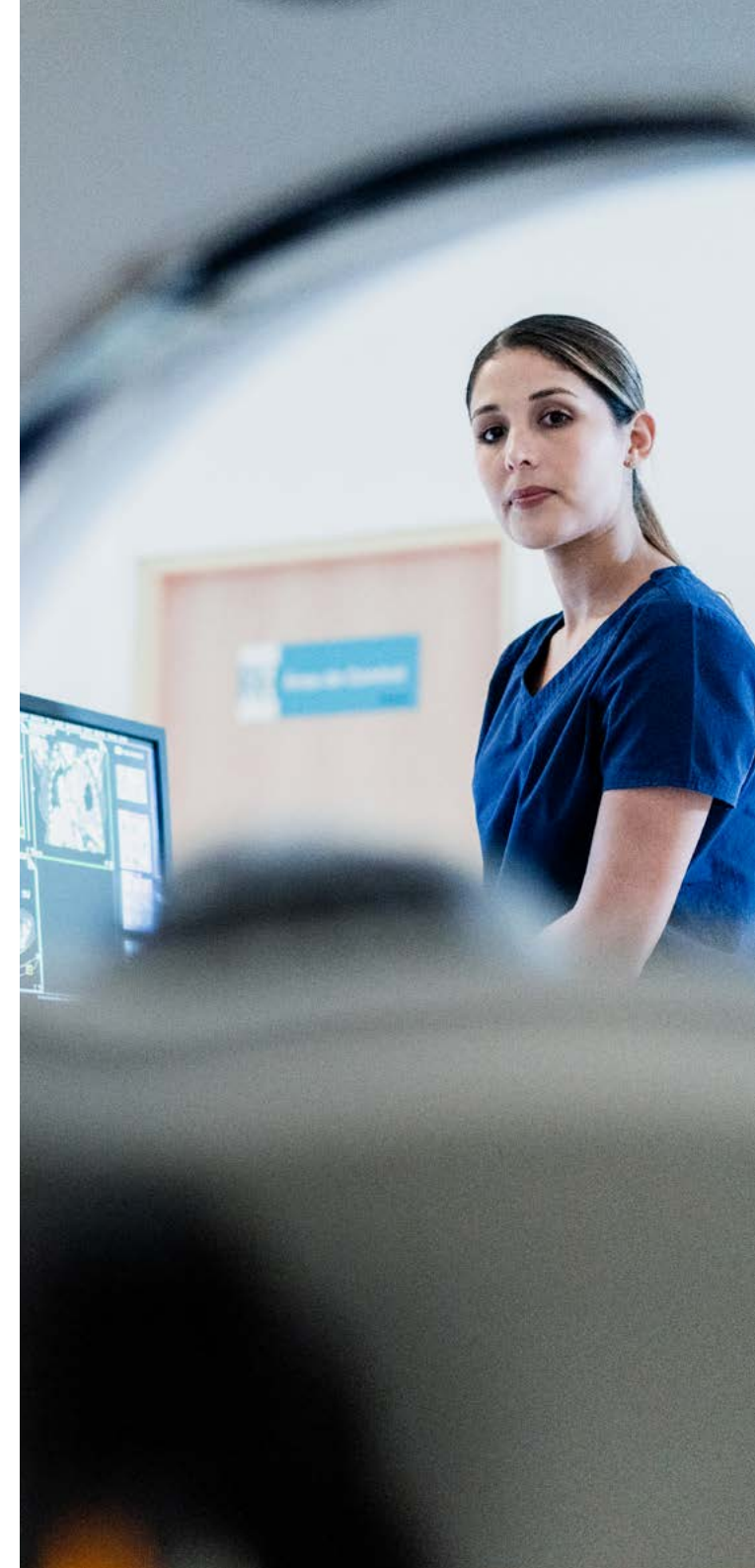
A low-dose lung CT scan will evaluate your respiratory health using CT imaging. This test may be recommended to symptomatic employees with certain risk factors, relating to age, gender, smoking history, environment/occupational exposures and emphysema/COPD. It may also be recommended to asymptomatic individuals over the age of 50 who are, or have been, heavy smokers.

### Quantitative Faecal Immunochemical Test (qFIT)

Bowel cancer affects over 40,000 people in the UK every year. qFIT is a non-invasive screening test for bowel cancer. The test looks for the presence of human blood in the stool not visible to the naked eye. The presence of blood can arise due to other health reasons, therefore not necessarily indicating the presence of cancer. However, a positive test should not be ignored. This test is regarded as a more sensitive, updated version of the Faecal Occult Blood Test (FOB Test) you may have undertaken previously. No changes to your diet or medication are needed before the test and the sample is collected at home.

### Prostate MRI

A prostate MRI is a highly detailed, non-invasive and painless radiological scanning technique, which uses magnets to create precision imaging of the prostate gland. This advanced technology will help to identify the presence of prostate cancer, a condition that accounts for 26% of all male cancer diagnoses in the UK. The scan takes 30 to 40 minutes and reasonable adjustments can be made for individuals concerned by small spaces and loud noises.





## Advanced screening

### DEXA scan

A DEXA scan uses low-dose X-rays to assess bone density of the hip, spine and wrist. This is a painless, low-risk procedure, as the radiation dose is much less than that used during a standard X-ray. Lower bone density can sometimes be attributed to osteoporosis, a condition that can cause increased frequency of bone damage, fractures and subsequent long-term pain, disability and reduced function.

### Abdominal ultrasound

An abdominal ultrasound scan builds up an internal picture of the abdominal area. It is a very quick test and it may help to identify causes of abdominal pain or distention (enlargement), but can also assess conditions such as fatty liver disease, gallstones, kidney stones and other renal problems, as well as any issues affecting your pancreas, spleen and abdominal aorta.

A cool gel will be placed on your abdomen and the scanning sensor will be slid over your skin to look at your abdominal organs. The test is safe, non-invasive and does not use ionising radiation.

### Abdominal aortic aneurysm (AAA) ultrasound

An aortic aneurysm is an enlargement of the aorta, the main blood vessel that supplies blood to your body. An aneurysm is classified as an enlargement of at least 1.5 times its normal diameter, or greater than 3 cm diameter in total. An enlarged vessel can eventually burst, and the resultant bleeding can be life threatening. The condition is most common in men aged 65 and over, with roughly 4% of men aged between 65 and 74 in England and Wales having an AAA every year. A cool gel will be placed on your abdomen and the scanning sensor will be slid over your skin. The process lasts less than 10 minutes.

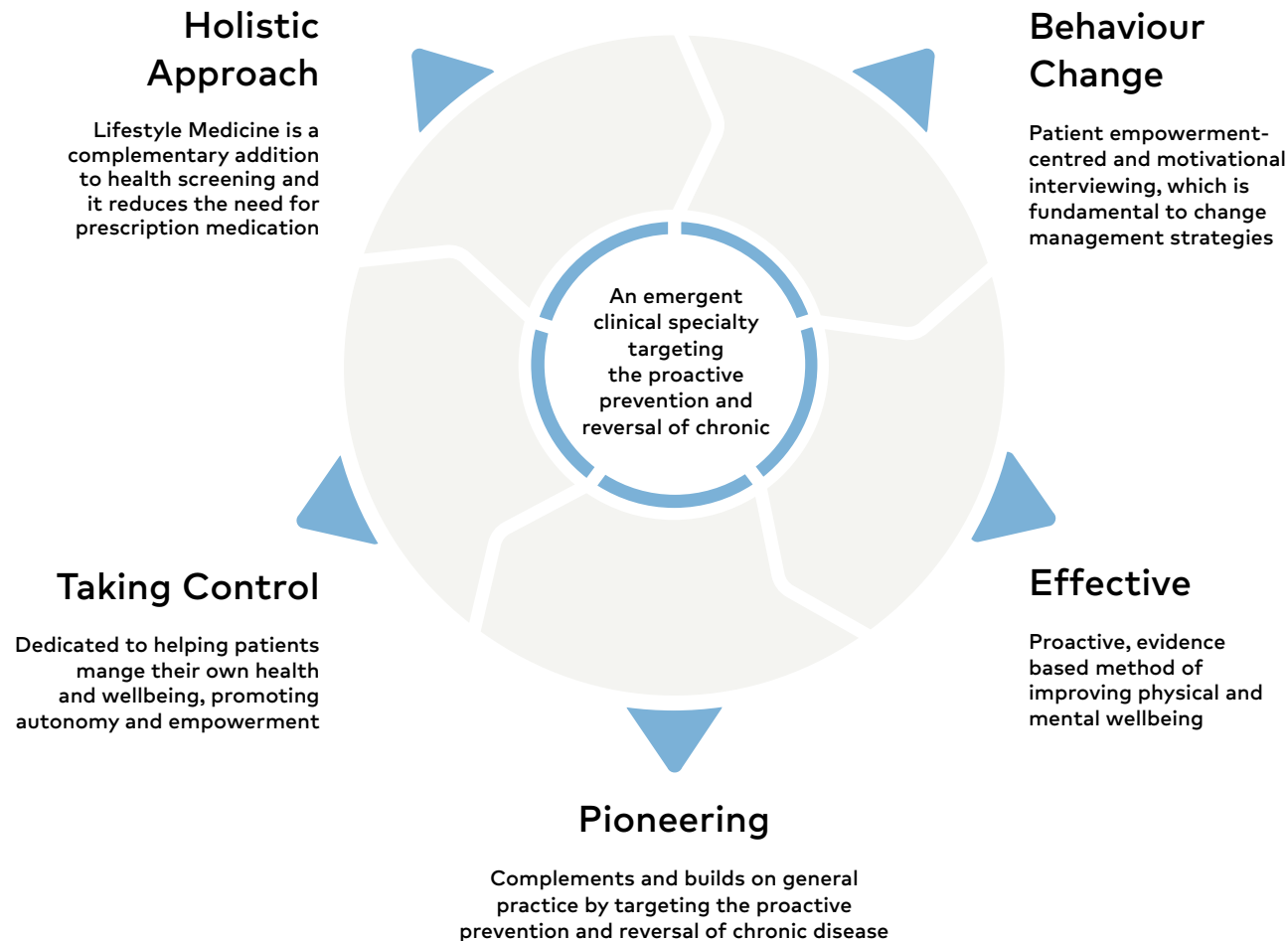
### Optical colonoscopy

This test is the gold standard alternative to the CT colonogram and it is only available to those over the age of 40\*\*, with family history of bowel cancer. It involves the examination of the large bowel and the distal part of the small bowel with a CCD camera or a fiber optic camera on a flexible tube. It can provide a visual diagnosis and grants the opportunity for biopsy or removal of suspected colorectal cancer lesions or pre-cancerous polyps. This should be repeated no more than every 5-10 years depending on risk profile.

\*\*or evidence of generic mutation indicative of increased bowel cancer risk at a younger age.

# What is Lifestyle Medicine?

Lifestyle medicine is an evidence-based approach where lifestyle changes are used to optimise wellbeing and prevent, treat and even reverse medical problems. It can be used on its own or in conjunction with medication and other therapies. Adopting a lifestyle medicine approach aims to address the underlying causes of disease and shifts the focus from illness to creating and promoting health and wellbeing.



## What is involved in a lifestyle medicine consultation?

- A detailed lifestyle summary breakdown, focusing on your food intake, movement and sleep habits and relaxation.
- A review of your lifestyle goals.
- A physical examination and core blood test.
- A comprehensive lifestyle prescription consisting of medically informed suggestions relating to optimising your physical activity and improving your diet, sleep quality and stress management.
- On a case by case basis, a follow up may be required after four weeks to monitor progress.
- A downloadable report to keep for your

## The fundamentals of lifestyle medicine



Diet



Exercise



Stress



Sleep





# Coaching pathways



## Physiologist

A physiologist can help you to improve your health and wellbeing via lifestyle improvements, such as nutrition, exercise, stress management and sleep.

The coaching session provides you with an opportunity to discuss health assessment results and remeasure certain variables, which will encourage you to set goals to improve your health and wellbeing.

**Topics and areas for testing include:**

- Weight management
- Cholesterol management
- Blood glucose management
- Blood pressure management
- Stress management
- Sleep



To book an appointment please email  
[appointments@hcaprimarycare.co.uk](mailto:appointments@hcaprimarycare.co.uk)

## Coaching pathways



### Psychologist

The psychology follow-up coaching pathway includes two 50-minute sessions with a HCA UK psychologist.

Within the sessions you will mutually agree objectives and an action plan, including advice and recommendations to allow you to continue independently outside of the programme. The sessions are focused on self-guided help and motivational advice to manage a range of issues such as mood, food, sleep and mindfulness.



### Dietitian

The dietitian-led follow-up coaching pathway consists of a one-hour session, followed by two 30-minute follow-up sessions with a registered dietitian.

Following a nutritional assessment, you will mutually agree objectives and an action plan to help manage nutrition-related goals, such as:

- Improving energy levels
- Weight management
- Bowel management and IBS
- Sleep
- Menopause
- Cholesterol markers
- Glucose levels
- Blood pressure



Book an appointment with a psychologist or a dietitian

**Call: 0345 437 0691**

**Email: [appointments@hcaprimarycare.co.uk](mailto:appointments@hcaprimarycare.co.uk)**





# Meet the experts

## GPs

### Dr Niaz Khan

**MBBS MRCGP PGDipClinDerm  
DRCOG DFSRH DOccMed MBA**

After graduating from Bart's and The London Medical School in 2004, Dr Khan worked in a number of hospital specialties before completing GP training at King's College. Dr Khan has previously held the post of Regional Lead for cancer in South London, and developed a specialist interest in occupational medicine and skin disorders.

### Dr Laura Price MBBCh MRCGP DFSRH DRCOG

After graduating from Cardiff University in 2007, Dr Price undertook broad training throughout hospitals in Wales, before carrying out GP training in South Wales. She moved to London in 2013. Her areas of interest include women's health, menopause, mental health and preventative medicine.

### Dr Sally Harris MBChB DFFP

Dr Harris has extensive experience in a diverse range of fields, including emergency medicine, endocrinology, psychiatry, dermatology and female health, and has worked in both the UK and China. Her specialist areas of interest include mental health, particularly stress and depression, travel medicine and endocrinology.

### Dr Mandy Preston MB BCH

Dr Preston qualified in 2005 from the University of Witwatersrand in South Africa and has worked as a GP in London since 2010. She is passionate about health screening, and has interests in nutrition and the prevention of cardiac-related illnesses, including heart disease and diabetes. Dr Preston is the Health Screening Clinical Lead for Primary Care HCA Healthcare UK

### Dr Jane Benjamin MBChB MD

Dr Benjamin is an experienced GP who has spent time working in both London and South Africa. She qualified from the University of Cape Town in South Africa in 2004 and completed a Doctorate in Nutrition and Gastroenterology through King's College London in 2011. She has a keen interest in women's health, sexual health, gastroenterology, nutrition and preventative medicine.

### Dr Teresa Tatton MBChB

Dr Teresa Tatton qualified with MBChB at the University of Stellenbosch in South Africa in 1997. She then worked in Namibia and rural South Africa before attaining her Advanced Cardiac, Paediatric and Trauma Life Support Certificates. Dr Tatton joined Roodlane in May 2013 and her interests include preventative medicine for cardiovascular disease, diabetes, nutrition and women's health.



## Meet the experts

### GPs

#### **Dr Marian Morgan** MBBCh MBA MRCGP

Dr Morgan qualified in 1998 from Cairo University, in Egypt. She worked as a business development manager for a leading international medical device company before moving to the UK in 2004. She worked in several hospital specialties before completing GP training in the east of England. Dr Morgan joined HCA UK in October 2022 bringing 15 years of NHS and private GP experience. She is passionate about health screening, women's health, diabetes and the prevention of cardiac-related illnesses.

#### **Dr Shamima Rashid**

**MBB, MRCGP (merit) Dip BSLM**

After graduating from the Royal Free/UCL Hospital School of Medicine in 2000, Dr Rashid trained at many London hospitals before entering general practice. Dr Rashid also worked in Singapore for a number of years, where she gained insight into the varied healthcare models different countries have. Subsequently, she was able to build a strong foundation in health screening, travel medicine and women's health. She also has a Diploma in Lifestyle Medicine.

#### **Dr Akvile Kunigelyte** MD

Dr Kunigelyte qualified in 2003 in Lithuania, before continuing training as a general practitioner and moving to London in 2007. Dr Kunigelyte's professional interests include general medicine, dermatology and women's health, applying a sensitive and non-judgmental approach to patient care.

#### **Dr Ruby Chu** MRCGP MBBS BSc

Dr Chu earned a medical degree at UCL Medical School before undertaking training specialities in paediatrics, psychiatry, orthopaedics, gastroenterology and general surgery. She also has experience in obstetrics and gynaecology. Her areas of interest include lifestyle medicine, gynaecology and mental health.

#### **Dr Ajay Deshpande** MB BS

After graduating in 2009 from the University of East Anglia, Dr Deshpande assumed a variety of roles across paediatrics, care of the elderly, public health and general practice. Dr Deshpande has a keen interest in lifestyle medicine, health technology, health span and longevity, and is a firm believer in the importance of preventative medicine.

#### **Dr Robert Sands**

**MBBS (Merit) BSc (Hons) MRCGP DOccMed**

Dr Sands completed his medical training at University College London in 2013. He subsequently completed his Foundation and GP training in East London, gaining experience in general medicine and surgery, cardiology, gastroenterology, paediatrics, ENT, and obstetrics and gynaecology, amongst others. Dr Sands moved to Roodlane in 2020 and has developed a reputation for being a diligent and thorough GP. Away from work, Dr Sands enjoys spending time with his family.

#### **Dr Amanda Innes** MBChB

Dr Innes achieved her primary medical qualification in 2009 from the University of Dundee and then moved west to complete her GP training in Glasgow. Following a seven-year period in the NHS as a general practitioner, Dr Innes joined HCA Healthcare UK in 2020. Dr Innes' area of expertise covers a broad range of topics, but she has specific interest in women's health, sexual health and nutrition.

## Lifestyle coaches

### Hadassah Sheer

MMedsci MRSPH ANutr BSc Hons

#### Senior Health and Wellbeing Physiologist

As the on-site physiologist at BNP Paribas, Ms Sheer provides one-to-one sessions to help individuals improve their health and wellbeing.

Her background is in human nutrition, sport and exercise science and personal training. She looks at markers from the health assessment and helps you maintain appropriate glucose, cholesterol and body composition scores. She also uses Firstbeat to help identify required behavioural changes. She is passionate about health and wellbeing, and improving lives through lifestyle and behaviour modifications.

### Andrea Graf & Margaret Sorohan

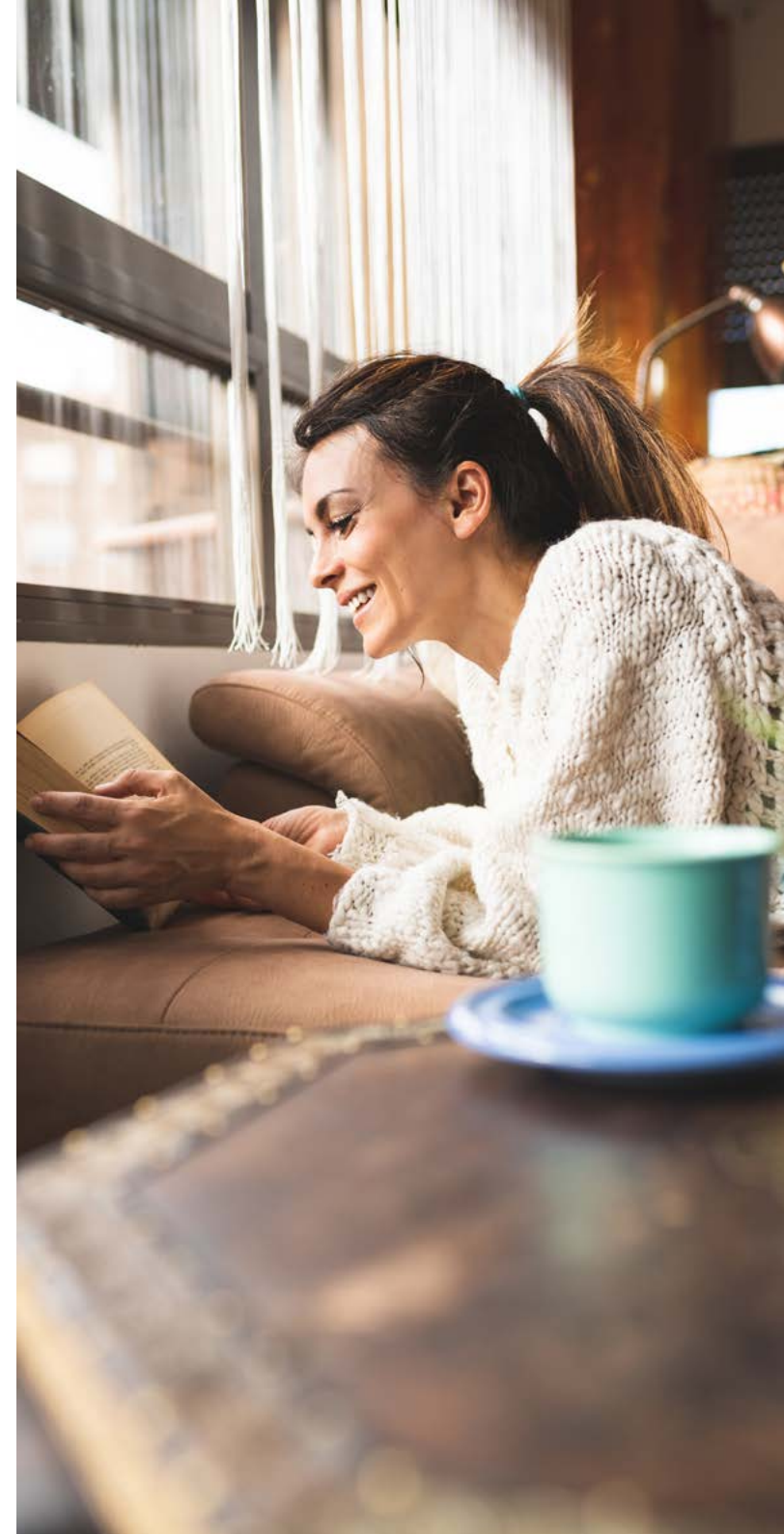
#### Cognitive Behavioural Psychotherapists

Offering short-term CBT for depression and anxiety difficulties, including generalised anxiety, panic attacks, OCD, social anxiety, health anxiety, specific phobias, single incident trauma, work related stress and low self-esteem. Both Ms Graf & Ms Sorohan practice mindfulness and bring this into therapy, along with a compassionate approach.

### Deepa Khatri RD BSc (Hons)

#### Dietitian

Ms Khatri is a registered dietitian with a wealth of experience in obesity, type 2 diabetes and prediabetes. She provides one-to-one sessions where she works with individuals in improving their health and wellbeing. Their own health goals are always the main focus during these sessions and Ms Khatri's advice is always individual and tailored specifically to them. She believes that with the right support, people can find an approach that works for them, helping to improve their diet, lifestyle, and overall health and wellbeing.



## Case study

### The importance of proactive screening

Your health assessment gives you access to a host of advanced screening tools which would otherwise usually only be offered to people in particular age categories on the NHS, such as the quantitative faecal immunochemical (qFIT) test, offered by the NHS every two years to patients aged 60 and above.

A qFIT test will be able to identify small amounts of blood in the stool; a positive result might help detect early stages of bowel cancer or even bowel polyps (which can develop in to bowel cancer if left undetected). A positive sample can also be present even in the presence of a normal blood test and no accompanying symptoms.

With HCA UK, you can access this exact same test at an earlier stage. This is one example of how the extensive health programme at BNP Paribas can help aid the early detection and treatment of important conditions.





# Screening locations

---

**Marylebone Clinic**

47 Nottingham Place, London W1U 5LZ

---

**Baker Street Clinic**

55 Baker Street London W1U 8EW

---

**New Broad Street**

58 New Broad Street, London EC2M 1JJ

---

**Tooley Street Clinic**

148 Tooley Street, Magdalen House, London SE1 2TU

---

**Wilmslow Hospital**

52-54 Alderley Rd, Wilmslow SK9 1NY

---

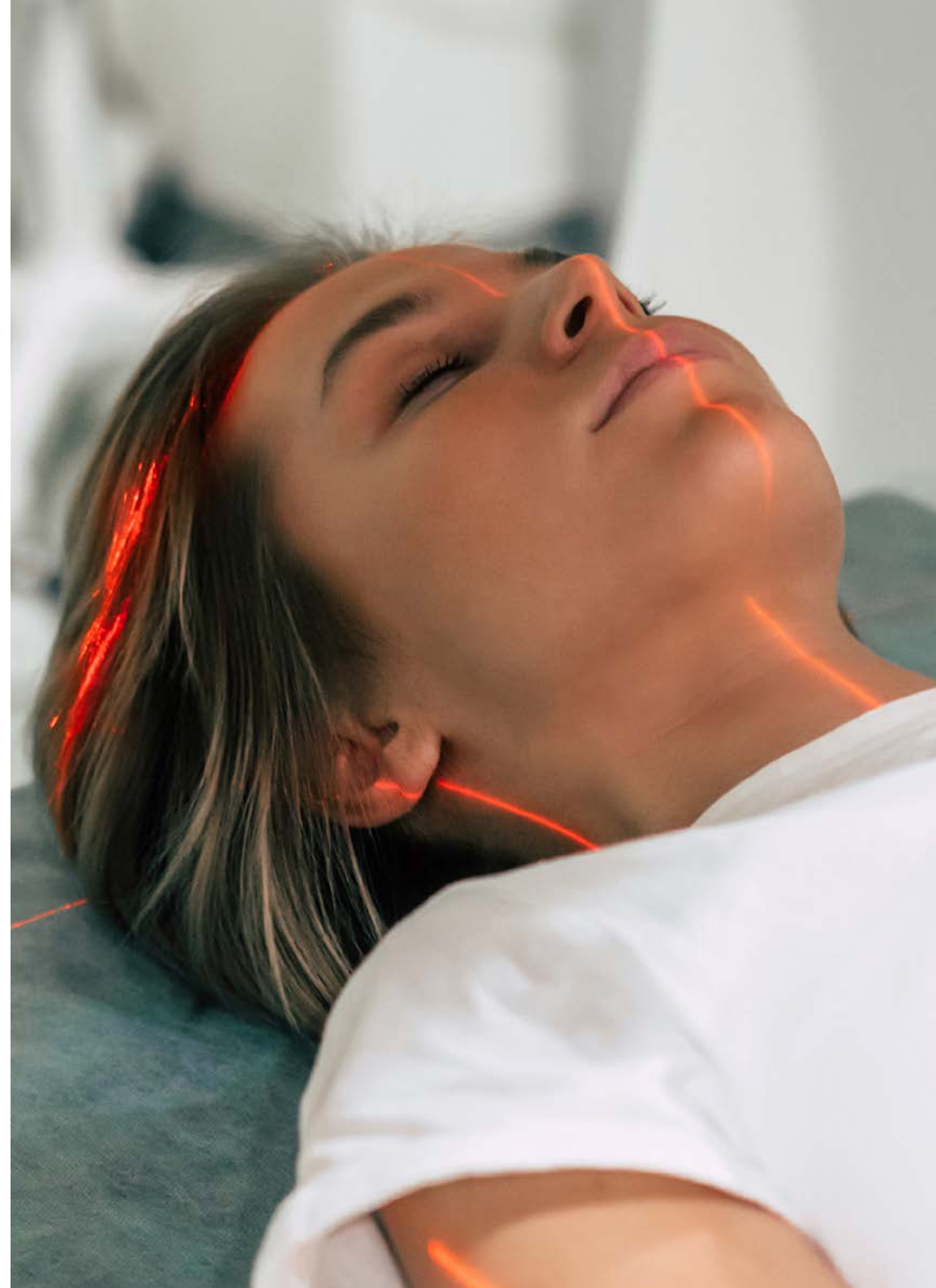
**Glasgow Clinic**

203 Saint Vincent Street, Glasgow G2 5QD

---

**Birmingham**

1 Cornwall Street, Birmingham B3 2DX



---

[hcahealthcare.co.uk](https://hcahealthcare.co.uk)

Connect with us



---

## Our Group

The Harley Street Clinic

The Lister Hospital

London Bridge Hospital

The Portland Hospital

The Princess Grace Hospital

The Wellington Hospital

The Wilmslow Hospital

HCA UK at University College Hospital

The Christie Private Care

The Harborne Hospital

HCA UK Laboratories

HCA UK Primary Care

Sarah Cannon Research Institute