

Health and wellbeing plans

Be.Ahead



On-the-day assessment length

- 2 hours with a health adviser
- Up to 1 hour with a doctor

What's included?



Height assessment



Estimated energy requirement



Blood pressure test in both arms



Weight assessment



Body fat percentage



Check for diabetes – HbA1c, (non-fasting blood sugar test)



Body mass index (BMI)



Mobility and flexibility review



Comprehensive cholesterol profile



Waist to height ratio



Lung age (if you're a smoker or recent ex-smoker)



Haemoglobin test (for anaemia)



Prostate, testicular and breast screening examination



Resting heart activity (ECG, Kardia)



30 minute advanced fitness test by Wattbike

Bupa Be.Me app – a digital base

- Create a health profile, set goals and access advice
- Build a unique health risk profile through a questionnaire – all based on clinically validated tools. From there, we'll recommend a health focus
- Tailored wellbeing content, including bitesize videos
- Link devices and upload wearable data

Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals based on test results
- Mental health and wellbeing discussion
- Behaviour change coaching

Ongoing health and wellbeing support

- Two follow-up coaching calls with a lifestyle coach
- Call a nurse 24/7 through our **Anytime HealthLine** (12 months)

- 12 months access to online mental wellbeing programmes provided by **SilverCloud Health**

Up to 60 minutes with a doctor

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

Advanced fitness test powered by Wattbike*

- 30-minute in-depth look at fitness using a Wattbike – an intelligent smart trainer
- Plus a comprehensive personalised 12 week training programme

*Employees may not be able to go ahead with the advanced fitness test if they're taking certain medication or have a certain clinical condition. To check eligibility, they'll need to speak our bookings team before going ahead.

Additional tests if clinically indicated:

- Kidney, liver and thyroid function tests
- Vitamin D, coeliac test, ferritin, B12, folate
- Full blood count

Age restricted tests

- PSA – prostate cancer blood test (Age 50 years plus)
- Cervical cancer screening test, with investigation if HPV detected (Age 25 years plus)
- Bowel cancer screening test, stool (Age 45 years plus)