



Compare our health and wellbeing plans

Health Assessment	Be.Healthy at Home	Be.Healthy at Home Plus	Be.Motivated	Be.Ready	Be.Reassured	Be.Ahead
Delivery	Kit sent to home/ video call	Kit sent to home/ video call	✓ In Centre	✓ In Centre	✓ In Centre	✓ In Centre
Health Adviser time	45 mins	45 mins	60 mins	60 mins	60 mins	120 mins
Doctor time	None	Up to 30 mins	None	Up to 30 mins	Up to 60 mins	Up to 60 mins
Total Health Assessment time	45 mins	75 mins	60 mins	90 mins	120 mins	180 mins
Pre Assessment						
Pre assessment questionnaire Mental health questionnaire	✓	✓	✓	✓	✓	✓
During Assessment						
Physical measurements						
Height Weight BMI Basal metabolic rate Estimated energy requirements	✓ (Plus additional at home medical kit.*)	✓ (Plus additional at home medical kit.*)	✓	✓	✓	✓
Muscles, bones and joints						
MSK review	✓	✓	✓	✓	✓	✓
Wellbeing assessments						
Mental health review Lifestyle and behaviour change discussion	✓	✓	✓	✓	✓	✓
Cardiovascular health						
Heart rhythm screening ECG	—	—	—	✓ ECG if clinically indicated	✓ ECG if clinically indicated	✓
Haemoglobin (Anaemia)	—	—	—	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day
Lipid profile (Cholesterol)	✓ (Finger prick test)	✓ (Finger prick test)	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day
Qrisk	✓ (Plus additional at home medical kit.*)	✓ (Plus additional at home medical kit.*)	✓	✓	✓	✓



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Diabetes screening						
HbA1c (Diabetes)	✓ (Finger prick test)	✓ (Finger prick test)	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day
Qdiabetes	✓ (Plus additional at home medical kit.*)	✓ (Plus additional at home medical kit.*)	✓	✓	✓	✓
Consultations & other tests						
Full blood count	—	—	—	✓ If clinically indicated	✓ If clinically indicated	✓ If clinically indicated
Targeted physical examination	—	—	—	✓ With discussion/counselling from GP	✓ With discussion/counselling from GP	✓ With discussion/counselling from GP
Organ tests						
Kidney Function Test Liver Function Test Thyroid Function Test	—	—	—	—	✓ If clinically indicated	✓ If clinically indicated
Lung Age Test	—	—	✓ Smokers & recent ex-smokers (up to 1 yr)	✓ Smokers & recent ex-smokers (up to 1 yr)	✓ Smokers & recent ex-smokers (up to 1 yr)	✓ Smokers & recent ex-smokers (up to 1 yr)
Nutrition & digestion blood tests						
Vitamin D Coeliac Test Ferritin B12 Folate	—	—	—	—	✓ If clinically indicated	✓ If clinically indicated
Targeted Cancer Screening						
Prostate, testicular and breast cancer screening test	—	—	—	✓ If clinically indicated	✓	✓
Cervical cancer screening test	—	—	—	—	✓ Age 25 years plus	✓ Age 25 years plus



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Targeted Cancer Screening						
PSA - prostate cancer screening blood test	—	—	—	—	✓ Age 50 years plus- with discussion/ counselling from GP	✓ Age 50 years plus- with discussion/ counselling from GP
Bowel cancer screening test (stool)	—	—	—	—	✓ Age 45 years plus	✓ Age 45 years plus
Fitness assessments						
Advanced Fitness Test (Wattbike)	—	—	—	—	—	✓
Post Assessment						
Ongoing support						
Personalised report GP letter generated if needed Onward referral if needed (GP Health Assessments only) Two follow up lifestyle coaching calls	✓	✓	✓	✓	✓	✓
Digital wellbeing access through My Bupa Silvercloud Access Anytime Healthline for individual and family	✓	✓	✓	✓	✓	✓
Additional Screenings						
Standalone screenings that can be added to health assessment (additional cost)	—	—	—	—	✓ Colon CT Coronary CT Mammogram	✓ Colon CT Coronary CT Mammogram