



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						
Access to Be.Me app Pre assessment questionnaire Mental health questionnaire Silvercloud Access Anytime Healthline for individual and family	✓	✓	✓	✓	✓	✓
During Assessment						
Height, Weight, BMI, Basal metabolic rate, Estimated energy requirements, Blood pressure, Qrisk, Qdiabetes	✓ (Plus additional at home medical kit.*)	✓ (Plus additional at home medical kit.*)	✓	✓	✓	✓
MSK review Mental health review Lifestyle and behaviour change discussion	✓	✓	✓	✓	✓	✓
Heart rhythm screening ECG Kardia	-	-	-	✓ 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
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
Full blood count	-	-	-	✓ If clinically indicated	✓ If clinically indicated	✓ If clinically indicated
Kidney Function Test Liver Function Test Thyroid Function Test Vitamin D, Coeliac Test Ferritin, B12 Folate	-	-	-	-	✓ If clinically indicated	✓ If clinically indicated



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Prostate, testicular and breast cancer screening examination	-	-	-	✓ If clinically indicated	✓	✓
PSA - prostate cancer screening blood test	-	-	-	-	✓ Age 50 years plus- with discussion/ counselling from GP	✓ Age 50 years plus- with discussion/ counselling from GP
Cervical cancer screening test	-	-	-	-	✓ Age 25 years plus	✓ Age 25 years plus
Bowel cancer screening test (stool)	-	-	-	-	✓ Age 45 years plus	✓ Age 45 years plus
Targeted physical examination	-	-	-	✓ With discussion/ counselling from GP	✓ With discussion/ counselling from GP	✓ With discussion/ counselling from GP
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)
Advanced Fitness Test (Wattbike)	-	-	-	-	-	✓
Post Assessment						
Personalised report, GP letter generated if needed Onward referral if needed (GP HA only) Two follow up lifestyle coaching calls	✓	✓	✓	✓	✓	✓
Additional Screenings						
Standalone screenings that can be added to health assessment (additional cost)	-	-	-	-	✓ Colon CT Coronary CT Mammogram	✓ Colon CT Coronary CT Mammogram