## Compare our health and wellbeing plans

<table>
<thead>
<tr>
<th>Health Assessment</th>
<th>Be.Healthy at Home</th>
<th>Be.Healthy at Home Plus</th>
<th>Be.Motivated</th>
<th>Be.Ready</th>
<th>Be.Reassured</th>
<th>Be.Ahead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delivery</td>
<td>Kit sent to home/ video call</td>
<td>Kit sent to home/ video call</td>
<td>In Centre</td>
<td>In Centre</td>
<td>In Centre</td>
<td>In Centre</td>
</tr>
<tr>
<td>Health Adviser time</td>
<td>45 mins</td>
<td>45 mins</td>
<td>60 mins</td>
<td>60 mins</td>
<td>60 mins</td>
<td>120 mins</td>
</tr>
<tr>
<td>Doctor time</td>
<td>None</td>
<td>Up to 30 mins</td>
<td>None</td>
<td>Up to 60 mins</td>
<td>Up to 60 mins</td>
<td>Up to 60 mins</td>
</tr>
<tr>
<td>Total Health Assessment time</td>
<td>45 mins</td>
<td>75 mins</td>
<td>60 mins</td>
<td>90 mins</td>
<td>120 mins</td>
<td>180 mins</td>
</tr>
</tbody>
</table>

### 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.* )
- MSK review
- Mental health review
- Lifestyle and behaviour change discussion
- Heart rhythm screening
  - ECG
  - Kardia
- Haemoglobin (Anaemia)
- Lipid profile (Cholesterol)
  - (Finger prick test)
- HbA1c (Diabetes)
  - (Finger prick test)
- Full blood count
- Kidney Function Test
- Liver Function Test
- Thyroid Function Test
- Vitamin D, Coeliac Test
- Ferritin, B12
- Folate
  - (Plus additional at home medical kit.*)
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<tbody>
<tr>
<td>Prostate, testicular and breast cancer screening examination</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>PSA - prostate cancer screening blood test</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>Age 50 years plus- with discussion/ counselling from GP</td>
<td>Age 50 years plus- with discussion/ counselling from GP</td>
</tr>
<tr>
<td>Cervical cancer screening test</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>Age 25 years plus</td>
<td>Age 25 years plus</td>
</tr>
<tr>
<td>Bowel cancer screening test (stool)</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>Age 45 years plus</td>
<td>Age 45 years plus</td>
</tr>
<tr>
<td>Targeted physical examination</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>With discussion/ counselling from GP</td>
<td>With discussion/ counselling from GP</td>
<td>With discussion/ counselling from GP</td>
</tr>
<tr>
<td>Lung Age Test</td>
<td>-</td>
<td>-</td>
<td>Smokers &amp; recent ex-smokers (up to 1 yr)</td>
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</tr>
<tr>
<td>Advanced Fitness Test (Wattbike)</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>✔</td>
</tr>
</tbody>
</table>

### 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