Health and wellbeing plans
Be.Motivated

On-the-day assessment length
- 1 hour with a health adviser

What’s included?

- Height assessment
- Weight assessment
- Body fat percentage
- Body mass index (BMI)
- Mobility and flexibility review
- Waist to height ratio
- Estimated energy requirement
- Blood pressure test in both arms
- Check for diabetes – HbA1c, (non-fasting blood sugar test)

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

Height assessment
Body fat percentage
Comprehensive cholesterol profile
Weight assessment
Mobility and flexibility review
Qrisk Cardiovascular risk score
Body mass index (BMI)
Lung age (if you’re a smoker or recent ex-smoker)
Qdiabetes risk score
Waist to height ratio
Blood pressure test in both arms
Check for diabetes – HbA1c, (non-fasting blood sugar test)

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