Health and wellbeing plans

Be.Motivated

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

What's included?

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

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

Ongoing health and wellbeing support