Employees can get practical advice, tests and results from our health advisers, and be back to work in under an hour.

**Easy, fast access to healthcare at work**

**Be.Healthy at Work Express**
- Up to 42 employees per day
- Health adviser
  - 10 minutes of tests
- Key tests
  - Blood pressure check
  - Height
  - Weight
  - BMI
  - Waist measurement
  - Waist to height ratio
  - 12 months access to Bupa Be.Me wellness app

**Be.Healthy at Work**
- Up to 21 employees per day
- Health adviser
  - 10 minutes of tests
- Key tests
  - Blood pressure check
  - Height
  - Weight
  - BMI
  - Waist measurement
  - Waist to height ratio
  - 12 months access to Bupa Be.Me wellness app

**Be.Healthy at Work+**
- Up to 11 employees per day
- Health adviser
  - 20 minutes of tests
- Key tests
  - Blood pressure check
  - Height
  - Weight
  - BMI
  - Waist measurement
  - Waist to height ratio
  - 12 months access to Bupa Be.Me wellness app

**Be.Motivated at Work**
- Up to 8 employees per day
- Health adviser
  - 45 minutes of tests
- All health check tests PLUS
  - Lung age assessment for current smokers
  - Mobility and flexibility review
  - Mental wellbeing assessment
  - Depression and anxiety screening questionnaire
  - Goal setting

**Follow-up support**
- Two lifestyle coaching calls
- A personalised health report
- 12 months access to Bupa Be.Me wellness app
- Access to our health and wellbeing support email series