

Health checks

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 40 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 20 employees per day

Health adviser

- 20 minutes of tests

Be.Healthy at Work Express tests PLUS

- Full cholesterol check
- Diabetes blood test
- 12 months access to Bupa Be.Me wellness app



Be.Healthy at Work+

Up to 11 employees per day

Health adviser

- 30 minutes of tests

Be.Healthy at Work tests PLUS

- Body composition
- Cardiovascular risk assessment
- Diabetes risk assessment
- 5 Steps to Wellbeing
- Lifestyle advice
- 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

Be.Lifestyle coached at work

Expert lifestyle coaching on areas chosen by the employee. Available for up to 21 employees per day.

Health adviser

- 20 minutes of tailored advice

Follow-up support

- Two lifestyle coaching calls