

# Health and wellbeing plans

# Be Ahead



## On-the-day assessment length

- 2 hours with a health adviser
- Up to 1 hour with a doctor

## What's included?



Height assessment



Estimated energy requirement



Blood pressure test in both arms



Weight assessment



Body fat percentage



Check for diabetes – HbA1c, (non-fasting blood sugar test)



Body mass index (BMI)



Mobility and flexibility review



Comprehensive cholesterol profile



Waist to height ratio



Lung age (if you're a smoker or recent ex-smoker)



Haemoglobin test (for anaemia)



Prostate, testicular and breast screening examination



Resting heart activity (ECG, Kardia)



30 minute advanced fitness test by Wattbike

### Bupa app – a digital base

- Over 1,500 live and on demand classes, from yoga to HIIT workouts
- Tailored exercise plans designed for all levels
- Guided meditations to help with breathing, sitting, working and stretching
- Articles and videos filled with proactive wellbeing advice

### 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

- 12 month's free access to digital wellbeing

### Up to 60 minutes with a doctor

- Doctor can choose from additional tests, depending on what's clinically appropriate for your employee
- Talk through health concerns
- A closer look at mental health

### Advanced fitness test powered by Wattbike\*

- 30-minute in-depth look at fitness using a Wattbike – an intelligent smart trainer
- Plus a comprehensive personalised 12 week training programme

\* Employees may not be able to go ahead with the advanced fitness test if they're taking certain medication or have a certain clinical condition.

To check eligibility, they'll need to speak our bookings team before going ahead.

### Additional tests if clinically indicated:

- Kidney, liver and thyroid function tests
- Vitamin D, coeliac test, ferritin, B12, folate
- Full blood count

### Age restricted tests

- PSA – prostate cancer blood test (Age 50 years plus)
- Cervical cancer screening test, with investigation if HPV detected (Age 25 years plus)
- Bowel cancer screening test, stool (Age 45 years plus)

\* This health assessment is not suitable if you are more than 28 weeks pregnant. Before 28 weeks, you may attend but some tests may not be suitable.

You may attend a health assessment once you are 6 weeks post-natal.