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
- Weight assessment
- Body mass index (BMI)
- Waist to height ratio
- Prostate, testicular and breast screening examination
- Estimated energy requirement
- Body fat percentage
- Mobility and flexibility review
- Lung age (if you’re a smoker or recent ex-smoker)
- Resting heart activity (ECG, Kardia)
- Blood pressure test in both arms
- Check for diabetes – HbA1c, (non-fasting blood sugar test)
- Comprehensive cholesterol profile
- Haemoglobin test (for anaemia)
- 30 minute advanced fitness test by Wattbike

**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 month’s access to online mental wellbeing programmes provided by SilverCloud Health
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- 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

**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)

**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 to our bookings team before going ahead.*