



Compare our health and wellbeing plans

Health assessment	Be.Healthy at Home	Be.Healthy at Home Plus	Be.Motivated	Be.Ready	Be.Reassured	Be.Ahead
Delivery Our health assessments look into your current and future health and wellbeing risks.	Kits sent to home and video call	Kits sent to home and video call	✓ In Centre	✓ In Centre	✓ In Centre	✓ In Centre
Health adviser time Our health adviser will take you through your health checks.	45 mins	45 mins	60 mins	60 mins	60 mins	120 mins
Doctor time You can discuss any health topics you'd like with your doctor. They'll then conduct a physical examination at our in-centre appointments (with your consent). They may recommend further tests and help set goals to improve or maintain good health.	None	Up to 30 mins	None	Up to 30 mins	Up to 60 mins	Up to 60 mins
Total health assessment time Our health assessments include a range of checks to tell you all about your health. The tests you get depend on which assessment you book.	45 mins	75 mins	60 mins	90 mins	120 mins	180 mins
Pre assessment						
Pre assessment questionnaire This helps us determine which health checks are best suited to you.						
Mental health questionnaire After your mental health review, we may recommend more support. If necessary, we'll discuss any next steps.	✓	✓	✓	✓	✓	✓
During assessment						
Physical measurements						
Height, weight and BMI We'll check these to see if you're under or overweight.						
Basal metabolic rate We'll look into how your body breaks down the energy you take in.						
Estimated energy requirements The average dietary intake you need to maintain a healthy lifestyle.	✓ (Plus additional at-home medical kit*)	✓ (Plus additional at-home medical kit*)	✓	✓	✓	✓
Blood pressure We'll check both arms to see if your blood pressure is okay.						
Muscles, bones and joints						
MSK review We'll check how you move with some easy stretching exercises.	✓	✓	✓	✓	✓	✓
Wellbeing checks						
Mental health review We'll discuss your wellbeing and see how you're dealing with stress or anxiety.						
Lifestyle and behaviour change discussion We'll help you set goals to focus your health and wellbeing journey, using your assessment results to offer tailored advice.	✓	✓	✓	✓	✓	✓



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Cardiovascular health						
Heart rhythm screening Looking at your heartbeat could tell us if you're at risk of any heart issues.	-	-	-	✓ ECG if clinically indicated	✓ ECG if clinically indicated	✓
ECG We'll check electrical signals from your heart to look for potential problems.						
Haemoglobin (anaemia) We'll check the amount of haemoglobin in your blood, which is a sign of anaemia.	-	-	-	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day
Lipid profile (cholesterol) Our blood tests will see if you have high cholesterol.	✓ (With at-home finger prick test)	✓ (With at-home finger prick test)	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day
Qrisk We'll look into your heart health and your 10-year risk of developing cardiovascular disease.	✓	✓	✓	✓	✓	✓
During assessment						
Diabetes screening						
HbA1c (diabetes) We'll check the amount of glucose in your blood, or how well your diabetes is being managed.	✓ (With at-home finger prick test)	✓ (With at-home finger prick test)	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day
Qdiabetes We'll look at your 10-year risk of developing Type 2 diabetes, taking your current health into account.	✓	✓	✓	✓	✓	✓
Consultations and other tests						
Full blood count We'll look at the levels of different cells in your blood, which can help detect a variety of conditions.	-	-	-	✓ If clinically indicated	✓ If clinically indicated	✓ If clinically indicated
Targeted physical examination We'll look at your physical wellbeing and identify any concerns.	-	-	-	✓ With discussion/ counselling from GP	✓ With discussion/ counselling from GP	✓ With discussion/ counselling from GP
Organ tests						
Kidney function test, liver function test, thyroid function test Depending on your earlier test results, your doctor may want to take a closer look into how these organs are performing.	-	-	-	-	✓ If clinically indicated	✓ If clinically indicated
Lung age test We'll test your lung function if you're a smoker or you've given up recently.	-	-	✓ Smokers and recent ex-smokers (up to 1 yr)	✓ Smokers and recent ex-smokers (up to 1 yr)	✓ Smokers and recent ex-smokers (up to 1 yr)	✓ Smokers and recent ex-smokers (up to 1 yr)



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Nutrition and digestion blood tests						
Vitamin D, coeliac test, ferritin, B12, folate We'll check the levels of these vitamins and proteins to give you a picture of any potential health risks.	-	-	-	-	✓ If clinically indicated	✓ If clinically indicated
Targeted cancer screening						
Testicular and breast cancer screening test Your doctor will check for early signs of cancer.	-	-	-	-	✓	✓
Cervical cancer screening test For those aged 25 years and over to look for early signs of cervical cancer. Available every two years, or annually with a positive HPV result.	-	-	-	-	✓ Age 25+, if clinically indicated	✓ Age 25+, if clinically indicated
Prostate cancer screening A PSA blood test is the main method of prostate cancer screening, and we also offer prostate examinations. The GP will advise you about the usefulness and limitations of the examination option.	-	-	-	-	✓ Age 50+ or 45+ if clinically indicated	✓ Age 50+ or 45+ if clinically indicated
Bowel cancer screening test (stool) Recommended for those over 45, we can carry out a qFIT stool test to check for bowel cancer symptoms.	-	-	-	-	✓ Age 45+, if clinically indicated	✓ Age 45+, if clinically indicated
Fitness assessments						
Advanced fitness test (powered by Wattbike) Using a high-tech stationary bike, we'll see how efficient your heart and blood pressure are. This includes your predicted VO2 max, cardiorespiratory score, predicted maximum heart rate, maximal minute power, functional threshold power and heart rate, and a grip strength assessment.	-	-	-	-	-	✓
Post assessment						
Ongoing support						
Personalised report GP letter generated if needed Onward referral if needed (GP Health Assessments only) Two follow up lifestyle coaching calls Digital wellbeing access through My Bupa, an online mental wellbeing platform and Anytime HealthLine for individual and family	✓	✓	✓	✓	✓	✓
Additional screenings						
Standalone screenings that can be added to your health assessment (additional cost) Extra health screenings for your peace of mind.	-	-	-	-	✓ DNA Health Check Colon CT Coronary CT Mammogram	✓ DNA Health Check Colon CT Coronary CT Mammogram