Health and wellbeing plans

Be.Motivated

On-the-day assessment length

- 1 hour with a health adviser

What's included?

- Height assessment
- Weight assessment
- Body mass index (BMI)
- Waist to height ratio
- Estimated energy requirement
- Body fat percentage
- Mobility and flexibility review
- Lung age (if you're a smoker or recent ex-smoker)
- Blood pressure test in both arms
- Check for diabetes – HbA1c, (non-fasting blood sugar test)
- Comprehensive cholesterol profile
- Qrisk Cardiovascular risk score
- Qdiabetes risk score

Bupa 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 months access to online mental wellbeing programmes provided by **SilverCloud Health**
- 12 month's free access to digital wellbeing

*This health assessment is not suitable if you are pregnant.

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

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