### Health and wellbeing plans

#### Be.Reassured

**On-the-day assessment length**
- 1 hour with a health adviser
- Up to 1 hour with a doctor

#### What’s included?

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Description</th>
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<tbody>
<tr>
<td>Height assessment</td>
<td>Estimated energy requirement</td>
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<tr>
<td>Weight assessment</td>
<td>Blood pressure test in both arms</td>
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<tr>
<td>Body mass index (BMI)</td>
<td>Check for diabetes – HbA1c, (non-fasting blood sugar test)</td>
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<tr>
<td>Waist to height ratio</td>
<td>Mobility and flexibility review</td>
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<tr>
<td>Body fat percentage</td>
<td>Comprehensive cholesterol profile</td>
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<tr>
<td>Prostate, testicular and breast screening examination</td>
<td>Haemoglobin test (for anaemia)</td>
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<tr>
<td>Lung age</td>
<td>Resting heart activity (ECG, Kardia)</td>
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**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 months access to online mental wellbeing programmes provided by SilverCloud 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)