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?

- 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)
- Blood pressure test in both arms
- Check for diabetes – HbA1c, (non-fasting blood sugar test)
- Comprehensive cholesterol profile
- Haemoglobin test (for anaemia)
- Heart rhythm screening

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

Additional tests if clinically indicated:

- Kidney, liver and thyroid function tests
- Vitamin D, coeliac test, ferritin, B12, folate
- Full blood count
- Heart rhythm screening (Kardia)
- Resting heart activity (ECG)

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.

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