

# 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



Estimated energy requirement



Check for diabetes – HbA1c, (non-fasting blood sugar test)



Weight assessment



Body fat percentage



Comprehensive cholesterol profile



Body mass index (BMI)



Mobility and flexibility review



Haemoglobin test (for anaemia)



Waist to height ratio



Lung age (if you're a smoker or recent ex-smoker)



Prostate, testicular and breast screening examination



Blood pressure test in both arms

### 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

### 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
- Resting heart activity (ECG, Kardia)

### 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 pregnant.

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