Health checks

Employees can get practical advice, tests and results from our health advisers, and be back to work in under an hour.

Easy, fast access to healthcare at work

**Be.Healthy at Work Express**
- Up to 40 employees per day
- Health adviser: 10 minutes of tests
- Key tests:
  - Blood pressure check
  - Height
  - Weight
  - BMI
  - Waist measurement
  - Waist to height ratio
  - 12 months access to Bupa Be.Me wellness app

**Be.Healthy at Work**
- Up to 20 employees per day
- Health adviser: 20 minutes of tests
- Be.Healthy at Work Express tests PLUS:
  - Full cholesterol check
  - Diabetes blood test
  - 12 months access to Bupa Be.Me wellness app

**Be.Healthy at Work+**
- Up to 11 employees per day
- Health adviser: 30 minutes of tests
- Be.Healthy at Work tests PLUS:
  - Body composition
  - Cardiovascular risk assessment
  - Diabetes risk assessment
  - 5 Steps to Wellbeing
  - Lifestyle advice
  - 12 months access to Bupa Be.Me wellness app

**Be.Motivated at Work**
- Up to 8 employees per day
- Health adviser: 45 minutes of tests
- All health check tests PLUS:
  - Lung age assessment for current smokers
  - Mobility and flexibility review
  - Mental wellbeing assessment
  - Depression and anxiety screening questionnaire
  - Goal setting

**Follow-up support**
- Two lifestyle coaching calls
- A personalised health report
- 12 months access to Bupa Be.Me wellness app
- Access to our health and wellbeing support email series

**Be.Lifestyle coached at work**
- Expert lifestyle coaching on areas chosen by the employee. Available for up to 21 employees per day.
  - Health adviser:
    - 20 minutes of tailored advice
  - Follow-up support:
    - Two lifestyle coaching calls