## Remote health and wellbeing plans

**Be.Healthy at Home**

A convenient way to start making lasting lifestyle changes. It empowers you with a series of health checks, advice from a health adviser, and a full year’s tailored ongoing support.

### 45 minutes

**Be.Healthy at Home Plus**

Everything you get with Be.Healthy at home, plus 30 minutes with a doctor by phone or video call.

### 1 hour 15mins

<table>
<thead>
<tr>
<th>Health Assessment</th>
<th>Be.Healthy at Home</th>
<th>Be.Healthy at Home Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td>At home testing kit</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Health advisor time</td>
<td>45mins</td>
<td>45mins</td>
</tr>
<tr>
<td>Doctor time</td>
<td>None</td>
<td>Up to 30 mins</td>
</tr>
<tr>
<td>Total Health Assessment time</td>
<td>45mins</td>
<td>1 hour 15 mins</td>
</tr>
</tbody>
</table>

### Pre Assessment

- Access to Be.Me App, health questionnaire, mental health questionnaire, Silvercloud access, Anytime Healthline for individual and family

### During Assessment

- Height and weight measurements (BMI), estimated energy requirements (BMR), blood pressure, Qrisk, Qdiabetes
- Muscle and joint review, mental health review, lifestyle change advise
- Lipid profile (Cholesterol)
- HbA1c (Diabetes)

### Post Assessment

- Personalised report
- GP letter, if needed
- Onward referral, if needed
- Two follow up lifestyle coaching calls