Health and wellbeing plans
Be.Reassured

Bupa

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)

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*

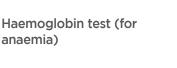### Up to 60 minutes with a doctor

- 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)