

Health and
wellbeing plans.



Be.Ahead

Want to push yourself further? Do it with our most comprehensive plan. With the support of a health adviser, doctor insight, and an advanced fitness test, you'll be armed with the right knowledge to take your wellbeing to the next level.

Our most
comprehensive
plan



What's included?



Be.Me app – your digital base

- Virtual coach, Luke, who will help you navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build your unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
 - Nutrition for weight management
 - Nutrition for fitness performance
 - Nutrition for healthy living
 - Healthy gut
 - Healthy heart
 - Exercise for weight loss
 - Exercise for fitness performance
 - Exercise for healthy living
 - Managing alcohol intake
 - Stopping smoking
 - Managing stress
 - Improving sleep
- Tailored wellbeing content based on your health focus
- Upload wearable data to help you track goals and start group challenges



Advanced fitness test powered by Wattbike*

- 30-minute in-depth look at fitness using a Wattbike – an intelligent smart trainer

*You may not be able to go ahead with the advanced fitness test if you are taking certain medication or have a certain clinical condition. To check your eligibility, speak to our friendly team before you choose this health and wellbeing plan.



Face-to-face consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Core tests, including a heart rhythm screening and blood tests for type 2 diabetes, anaemia and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your health risk profile – with behaviour change coaching



Up to 60 minutes with a doctor

- Talk through health concerns
- The doctor can choose from additional tests, depending on what's clinically appropriate for you
- A closer look at your mental health



Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

On-the-day assessment length.

- Health adviser – 90 minutes (includes advanced fitness test)
- Doctor – up to 60 minutes



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