

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)



Heart rhythm screening



Prostate, testicular and breast screening examination



Blood pressure test in both arms

Bupa app – a digital base

- Over 1,500 live and on demand classes, from yoga to HIIT workouts
- Tailored exercise plans designed for all levels
- Guided meditations to help with breathing, sitting, working and stretching
- Articles and videos filled with proactive wellbeing advice

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
- Heart rhythm screening (Kardia)
- Resting heart activity (ECG)

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 more than 28 weeks pregnant. Before 28 weeks, you may attend but some tests may not be suitable.

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