



Compare our health and wellbeing plans

	Be.Motivated	Be.Ready	Be.Reassured
Bupa Be.Me app <ul style="list-style-type: none"> Motivational virtual coach Health and wellbeing and mental health questionnaires Health risk profile Bespoke recommendations and wellbeing content Connect wearable data Set and track goals Start group challenges 	✓	✓	✓
On-the-day assessment Face-to-face health and wellbeing discussion	✓	✓	✓
Core tests <ul style="list-style-type: none"> Height Weight Body Mass Index (BMI) Waist measurement Waist to height ratio Lung function screening for current smokers Body fat Basal metabolic rate Estimated energy requirement Dual arm pressure Mobility and flexibility review Diabetes HbA1c (non-fasting blood sugar test) Comprehensive cholesterol profile 	✓	✓	✓
<ul style="list-style-type: none"> Heart rhythm screening Resting ECG* Full blood count* Haemoglobin (anaemia) 	✗	✓	✓
'Five steps to wellbeing' and mental health discussion	✓	✓	✓
Self-selected health focus with behaviour change coaching	✓	✓	✓
Up to 30 minutes with a doctor <ul style="list-style-type: none"> Ask the doctor about any health concerns Male and female specific screenings <ul style="list-style-type: none"> Testicular examination (male only)* Prostate examination (male only)* Breast examination (female only)* 	✗	✓	✓

*Examination included if clinically indicated.

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<p>Up to 30 extra minutes with a doctor</p> <ul style="list-style-type: none"> More time to ask the doctor about any health concerns Doctor can choose from additional tests based on personal needs: <ul style="list-style-type: none"> Kidney function: eGFR/Creatinine Liver function tests Vitamin B12 Folate Vitamin D PSA test (over 50 and high risk - male only) Bowel cancer check (male and female aged 45 and over) Coeliac screen Ferritin Thyroid function (TSH) Cervical cancer and HPV screening (females aged 25 and over) 	X	X	✓
<p>Mental health review during doctor time</p> <ul style="list-style-type: none"> Includes referral for additional support if needed 	X	✓	✓
<p>Advanced fitness test powered by Wattbike[^]</p> <ul style="list-style-type: none"> 30 minutes on a Wattbike to discover the best intensity for your training programme <ul style="list-style-type: none"> Estimated fitness score (VO₂ max) and how it compares to those of the same age and gender Maximum power possible when cycling for a minute Maximum heart rate Functional threshold (estimate of the most intense exercise you could sustain for up to an hour) Personalised Wattbike training programme 	X	X	X
<p>Two follow-up coaching calls</p>	✓	✓	✓
<p>24/7 Anytime HealthLine (12 months)</p>	✓	✓	✓
<p>Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)</p>	✓	✓	✓

[^]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.

Bupa health and wellbeing plans are provided by: Bupa Occupational Health Limited. Registered in England and Wales No. 631336. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa Occupational Health Limited provides Online Mental Wellbeing Programmes by working together with SilverCloud Health Limited.

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