

Health and
wellbeing plans.



Be. Ready

Want to know more about your health? To feel empowered to make changes? Do it with a health adviser and doctor on your side. You'll get expert insight on how you're doing, plus advice on managing any potential health issues.



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 risk profile
- Upload wearable data to help you track goals and start group challenges



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 30 minutes with a doctor

- Talk through health concerns
- A closer look at 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 – 60 minutes
- Doctor – up to 60 minutes

