

# Health and wellbeing plans

# Be. Ready



## On-the-day assessment length

- 1 hour with a health adviser
- Up to 30 minutes with a doctor

## What's included?



Height assessment



Estimated energy requirement



Blood pressure test in both arms



Weight assessment



Body fat percentage



Check for diabetes – HbA1c, (non-fasting blood sugar test)



Body mass index (BMI)



Mobility and flexibility review



Comprehensive cholesterol profile



Waist to height ratio



Lung age (if you're a smoker or recent ex-smoker)



Haemoglobin test (for anaemia)

### Bupa 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**
- 12 month's free access to digital wellbeing

### Up to 30 minutes with a doctor

- Talk through health concerns
- A closer look at mental health
- A targeted physical examination following discussion with the GP

### Additional tests if clinically indicated:

- Heart rhythm screening ECG
- Full blood count
- Prostate, testicular and breast cancer screening examination
- A targeted physical examination following a discussion with the GP