

Health assessments.



No
health
insurance
needed

Health and wellbeing plans:
**the next generation of
health assessments.**



Everyone measures their health in different ways. There's no one size fits all.

With a personalised health and wellbeing plan, we'll help you get a deeper understanding of your health and risks, and empower you to make the positive changes you want. Changes that could make you feel better all over - body and mind. Helping you live a longer, healthier, happier life.

85%
of customers improved their lifestyle.

Source: This data is taken from our 2020 to 2022 health assessment records, based on health assessments between January 2020 and December 2022.

These statistics are from a sample of 11804 customers.

Health and wellbeing plans

- 4-5 Choose your plan
- 6-7 How it works
- 8-9 365 days of motivation
- 10-11 Compare the plans in full

Additional health and wellbeing services

- 12-13 Specific health checks

Choose your plan.

Each plan is personalised to your specific needs, goals or concerns. We'll listen, guide and support you on your journey to better health. So, which one is right for you?

See us in person at over 50 health centres



Be.Motivated

£259

Curious about improving your health?

Talk to one of our health advisers about how to make lasting, positive lifestyle changes.



Time: up to 1hr

Start your journey to better health. Book now

0333 331 4905

bupa.co.uk/book-your-appointment

We may record or monitor our calls.



Be.Reassured

£829

Worried about any underlying health risks?

Or want extra confidence to make lifestyle changes? Deep dive into your health with a doctor and leave with lasting advice from clinical staff. Includes cancer screenings^.



Time: 2hrs including up to 1hr with a doctor

^Age restrictions apply



Be.Ahead

£1069

Want to push yourself further?

Take your next step in health and fitness with our most comprehensive plan. You'll have the support of a health adviser, doctor insight, and a 30-minute advanced fitness test. Includes cancer screenings^.



Time: 3hrs including up to 1hr with a doctor

^Age restrictions apply

Stay home if it's more convenient or you live too far away



Be.Healthy at Home

£219

Interested in your health and wellbeing?

Complete your health checks at home and talk through your results with a health adviser by video.



Time: 45 minutes

Be.Healthy at Home Plus

£309

Want some extra reassurance?

Talk through your mental and physical health with a doctor on top of your home tests and health adviser time.



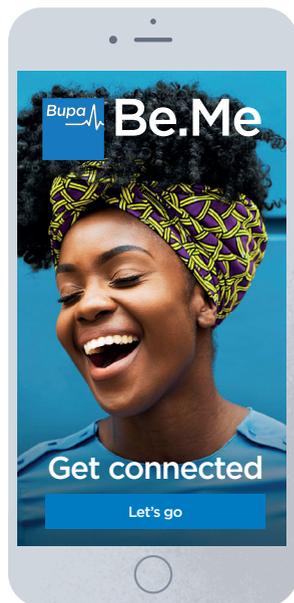
Time: 1.15hrs including up to 30 minutes with a doctor

How it works.



Before your assessment

- Use the Bupa Be.Me app to answer questions about your body and mind, creating a unique health profile
- Using your profile as guidance, you can choose 1 of 12 lifestyle focuses
- If you're having a home plan, we'll send you a testing kit with a blood collection device, tape measure and blood pressure monitor inside to keep



On the day

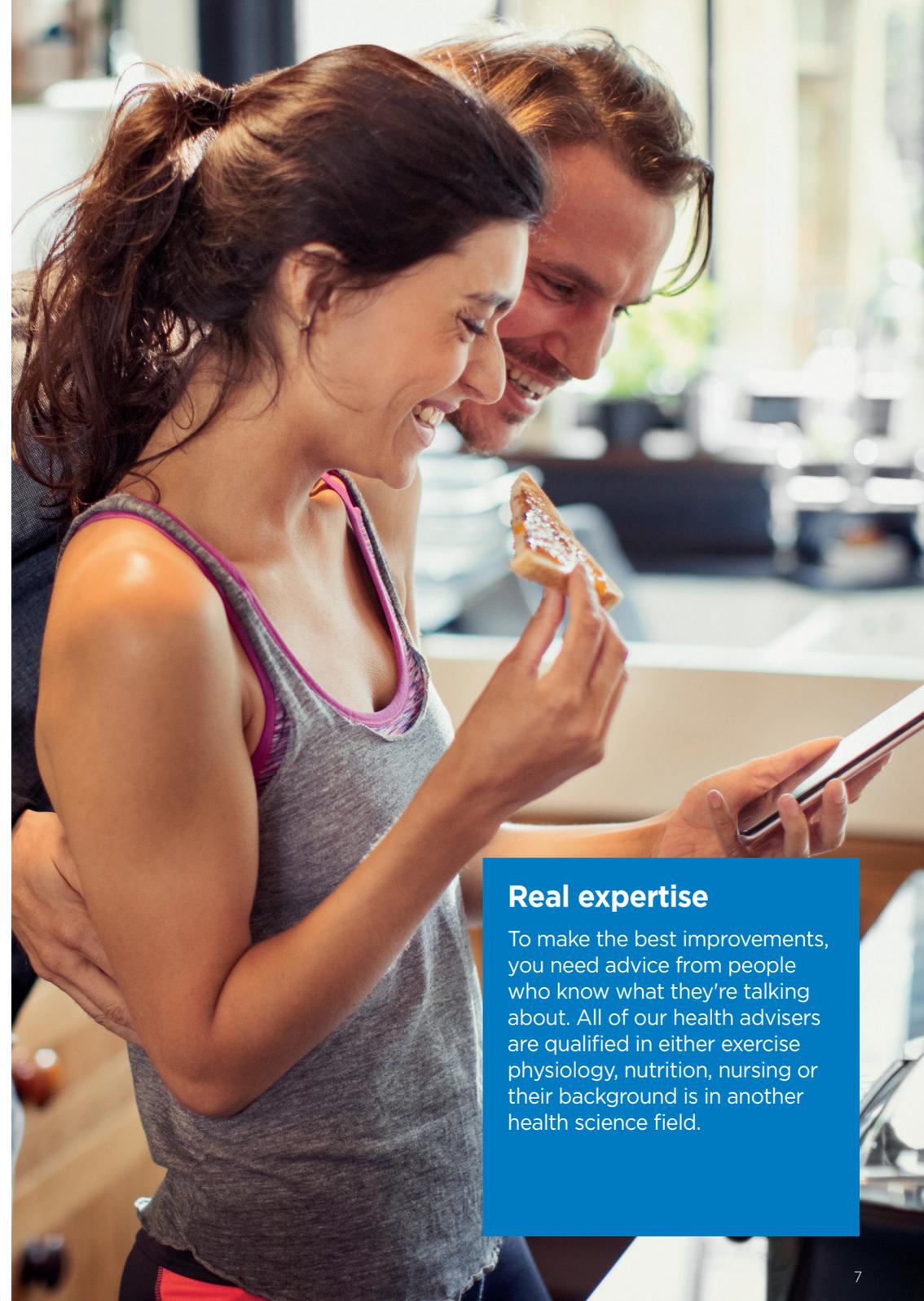
Spend time with our experts in person or speak to them via video or phone. Depending on which plan you choose (see page 10/11), your day could include:

- discuss test results from home kit or have some core tests based on your unique health profile in centre
- behaviour change coaching with a health adviser
- a mental health discussion
- mobility and flexibility review
- time with a doctor to discuss your health concerns
- male and female specific cancer screenings
- 30-minute advanced fitness test powered by Wattbike – an intelligent smart trainer, used to work out your ideal personal training zones based on the efficiency of your heart and blood flow



Ongoing support

From goal tracking to virtual coaching, you'll have access to lots of tools to keep you focused. See next page for full details.



Real expertise

To make the best improvements, you need advice from people who know what they're talking about. All of our health advisers are qualified in either exercise physiology, nutrition, nursing or their background is in another health science field.

Start your journey to better health. Book now

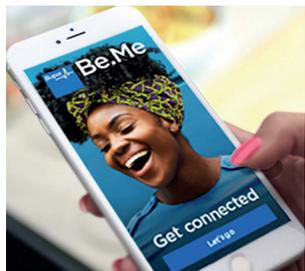
0333 331 4905

bupa.co.uk/book-your-appointment

We may record or monitor our calls.

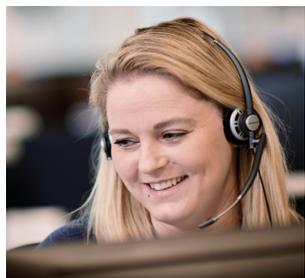
365 days of motivation.

We stay with you throughout, providing a whole year of individual support for your mind and body. If you fall off the wagon, we'll help you get right back on.



Behaviour change app

Use the **Bupa Be.Me** app to create your unique health profile. Based on this, your virtual coach will offer you tailored support, like bite-sized videos, to help you smash your goals. You can track your progress as you go along, and even link your data from your wearables.



Coaching calls

Two follow-up calls with a lifestyle coach to talk about your progress.



Inspiration by inbox

Blogs, videos and expert tips picked by your virtual coach.



24/7 nurse helpline

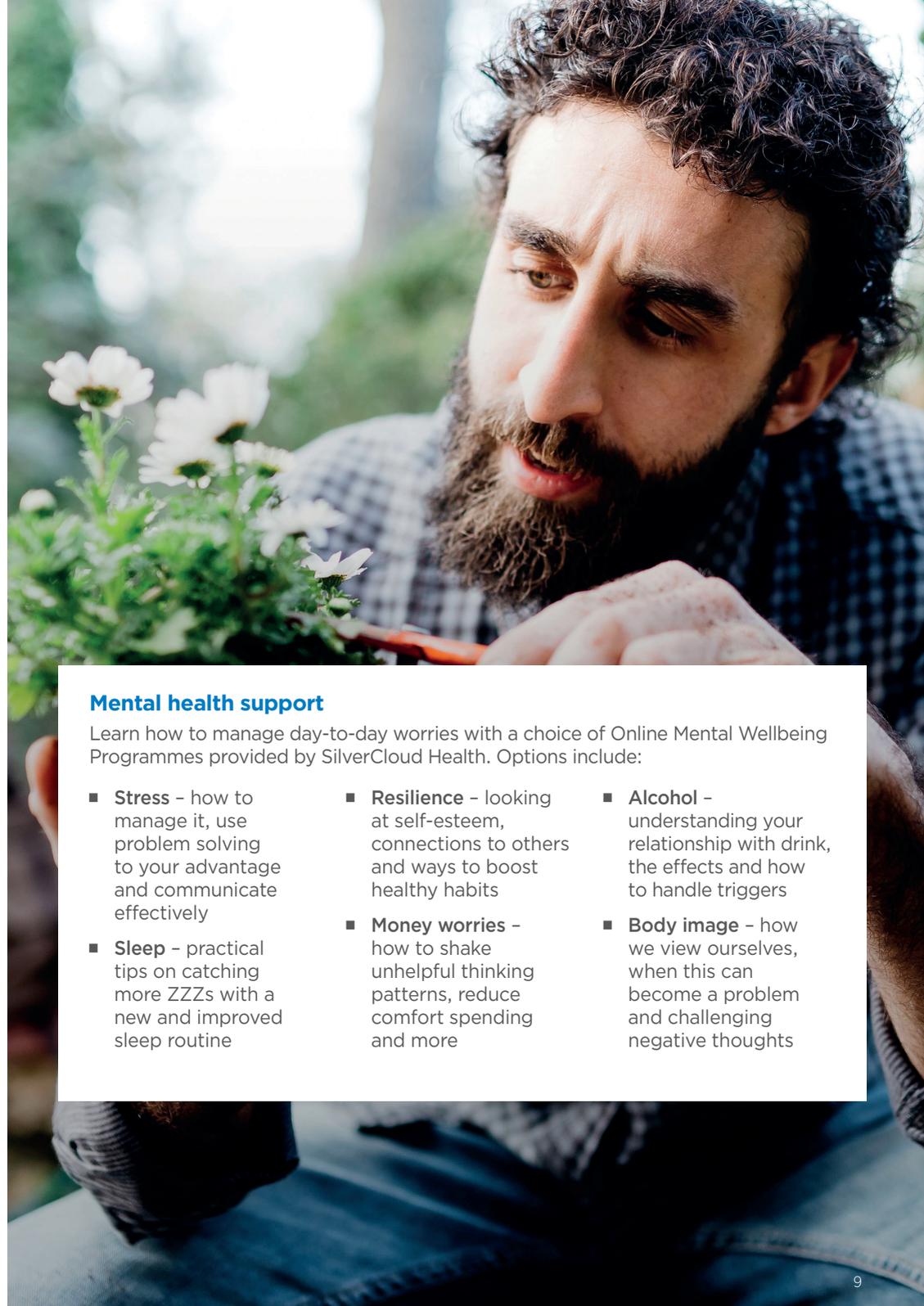
Quick access to trusted advice on everything from fevers to niggling pains.

Start your journey to better health. Book now

0333 331 4905

bupa.co.uk/book-your-appointment

We may record or monitor our calls.



Mental health support

Learn how to manage day-to-day worries with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health. Options include:

- **Stress** - how to manage it, use problem solving to your advantage and communicate effectively
- **Resilience** - looking at self-esteem, connections to others and ways to boost healthy habits
- **Alcohol** - understanding your relationship with drink, the effects and how to handle triggers
- **Sleep** - practical tips on catching more ZZZs with a new and improved sleep routine
- **Money worries** - how to shake unhelpful thinking patterns, reduce comfort spending and more
- **Body image** - how we view ourselves, when this can become a problem and challenging negative thoughts

Compare the plans in full.

	Be. Healthy at Home	Be. Healthy at Home Plus	Be. Motivated	Be. Reassured	Be. Ahead
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 					
Home testing kit	✓	✓	✗	✗	✗
<ul style="list-style-type: none"> Includes a blood collection device tape measure and blood pressure monitor (to keep) 					
On-the-day assessment Health and wellbeing discussion	✓ By video	✓ By video	✓	✓	✓
Core tests					
<ul style="list-style-type: none"> Body Mass Index (BMI) 	✓	✓	✓	✓	✓
<ul style="list-style-type: none"> Waist to height ratio 	✓	✓	✓	✓	✓
<ul style="list-style-type: none"> Body fat percentage 	✗	✗	✓	✓	✓
<ul style="list-style-type: none"> Estimated energy requirement 	✓	✓	✓	✓	✓
<ul style="list-style-type: none"> Blood pressure test in both arms 	✓	✓	✓	✓	✓
<ul style="list-style-type: none"> Mobility and flexibility review 	✓	✓	✓	✓	✓
<ul style="list-style-type: none"> Diabetes HbA1c (non-fasting blood sugar test) 	✓	✓	✓	✓	✓
<ul style="list-style-type: none"> Comprehensive cholesterol profile 	✓	✓	✓	✓	✓
<ul style="list-style-type: none"> Resting heart activity (ECG)* 	✗	✗	✗	✓	✓
<ul style="list-style-type: none"> Haemoglobin test (for anaemia) 	✗	✗	✗	✓	✓
<ul style="list-style-type: none"> Atrial Fibrillation screen (Kardia device) 	✗	✗	✗	✓	✓
'Five steps to wellbeing' and mental health discussion	✓	✓	✓	✓	✓
Self-selected health focus with behaviour change coaching	✓	✓	✓	✓	✓

*Some tests may only be provided if considered clinically appropriate.

	Be. Healthy at Home	Be. Healthy at Home Plus	Be. Motivated	Be. Reassured	Be. Ahead
Up to 30 minutes doctor time	✗	✓ By video	✗	✓	✓
<ul style="list-style-type: none"> Ask the doctor about any health concerns 					
Extra 30 minutes with a doctor	✗	✗	✗	✓	✓
<ul style="list-style-type: none"> Male and female specific screenings <ul style="list-style-type: none"> Testicular examination* Prostate examination* Breast examination* Cervical screening* 					
<ul style="list-style-type: none"> 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 stool test (ages 45 and over) Coeliac screen Ferritin Thyroid function (TSH) Cervical cancer and HPV screening (females aged 25 and over) 	✗	✗	✗	✓	✓
Mental health review during doctor time	✗	✓	✗	✓	✓
<ul style="list-style-type: none"> referral for additional support if needed 					
Advanced fitness test powered by Wattbike[^]	✗	✗	✗	✗	✓
<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 					
Two follow-up coaching calls	✓	✓	✓	✓	✓
24/7 Anytime HealthLine (12 months)	✓	✓	✓	✓	✓
Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)	✓	✓	✓	✓	✓

*Examination included if clinically indicated.

[^]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.

Specific health checks.

Give yourself one less thing to worry about with some added reassurance on specific concerns like cancer or heart disease.

Colon Health

Available standalone for **£956**

Or add to Be.Reassured, Be.Ahead and Targeted Cancer Screening for: **£956**

Using a specialised CT scan to create images of your bowel, we look for signs of bowel cancer and polyps.

Recommended for men and women aged 45 and over*



Time: 30 mins + scan (time can vary) + a 15-min follow-up call

Targeted Cancer Screening

Available standalone for **£189**

Included as standard in Be.Reassured and Be.Ahead plans

Get advice on the signs and symptoms of a range of cancers – breast, cervical, prostate, and testicular – plus a PSA test if clinically relevant and optional qFIT stool test.

Recommended for men and women aged 18 and over*



Time: 30 mins

*The ages shown are for guidance purposes only.

Book individually or add to your plan

0333 331 4905

We may record or monitor our calls.

Coronary Health

Available standalone for **£1130**

Or add to Be.Reassured, Be.Ahead for: **£871**

We'll look for risk of heart disease and identify the main risk factors contributing to it with a CT scan.

Recommended for men and women aged 45 and over*



Time: 60 mins + scan (time can vary) + a 15-min follow-up call

Mammogram

Add to any plan for **£136**

Or add to Be.Reassured, Be.Ahead and Targeted Cancer Screening for: **£289**

Worried about breast cancer? Add a breast X-ray to check for signs.

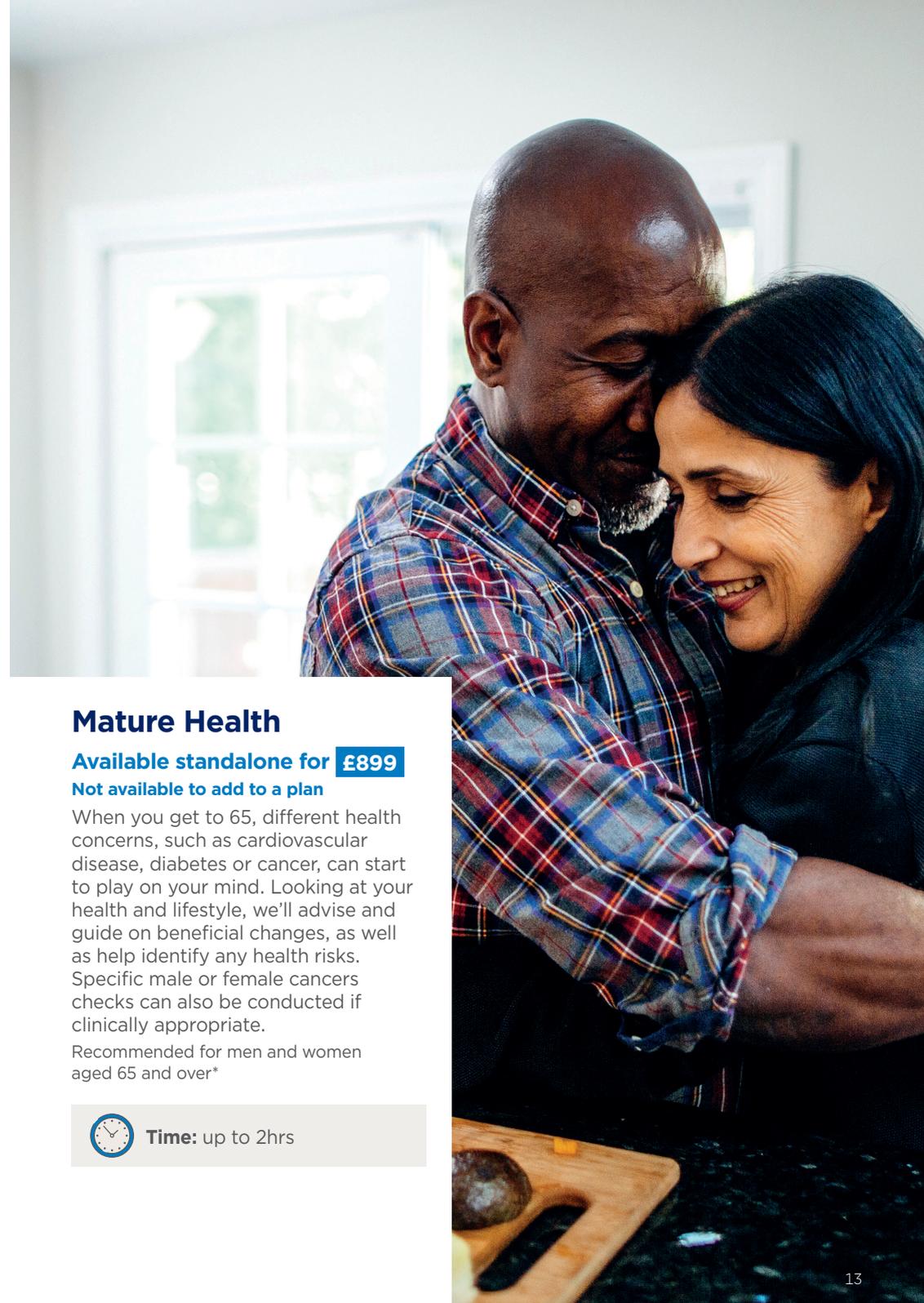
Recommended for those aged 40 and over*



Time: 30 mins on top of your health assessment time

Note: mammograms, colon and coronary checks may be delivered on different days at another location.

Important: Please note that these are health screenings. You should seek an urgent GP appointment if you have any of the following symptoms: breast lump(s), testicular lump(s), bleeding when going to the toilet, or chest discomfort.



Mature Health

Available standalone for **£899**

Not available to add to a plan

When you get to 65, different health concerns, such as cardiovascular disease, diabetes or cancer, can start to play on your mind. Looking at your health and lifestyle, we'll advise and guide on beneficial changes, as well as help identify any health risks. Specific male or female cancers checks can also be conducted if clinically appropriate.

Recommended for men and women aged 65 and over*



Time: up to 2hrs

This page is intentionally left blank

This page is intentionally left blank

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. Registered address: 1 Stephen Street Upper, Saint Peter's, Dublin 8, Ireland D08 DR9P. Bupa Occupational Health Limited will be the controller of your information for these purposes and any other purposes.

© Bupa 2023

[bupa.co.uk](https://www.bupa.co.uk)