



Compare our health and wellbeing plans

Health Assessment	Be.Motivated	Be.Ready	Be.Reassured	Be.Ahead
Delivery	✓ In Centre	✓ In Centre	✓ In Centre	✓ In Centre
Health Adviser time	60 mins	60 mins	60 mins	120 mins
Doctor time	None	Up to 30 mins	Up to 60 mins	Up to 60 mins
Total Health Assessment time	60 mins	90 mins	120 mins	180 mins
Pre Assessment				
Access to My Bupa app Pre assessment questionnaire Mental health questionnaire Silvercloud Access Anytime Healthline for individual and family	✓	✓	✓	✓
During Assessment				
Height, Weight, BMI, Basal metabolic rate, Estimated energy requirements, Blood pressure, Qrisk, Qdiabetes	✓	✓	✓	✓
MSK review Mental health review Lifestyle and behaviour change discussion	✓	✓	✓	✓
Heart rhythm screening ECG Kardia	-	✓ ECG if clinically indicated	✓ ECG if clinically indicated	✓
Haemoglobin (Anaemia)	-	✓ With results available on the day	✓ With results available on the day	✓ With results available on the day
Lipid profile (Cholesterol)	✓ With results available on the day			
HbA1c (Diabetes)	✓ With results available on the day			
Full blood count	-	✓ If clinically indicated	✓ If clinically indicated	✓ If clinically indicated
Kidney Function Test Liver Function Test Thyroid Function Test Vitamin D, Coeliac Test Ferritin, B12 Folate	-	-	✓ If clinically indicated	✓ If clinically indicated



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Prostate, testicular and breast cancer screening examination	-	 If clinically indicated		
PSA - prostate cancer screening blood test	-	-	 Age 50 years plus- with discussion/ counselling from GP	 Age 50 years plus- with discussion/ counselling from GP
Cervical cancer screening test	-	-	 Age 25 years plus	 Age 25 years plus
Bowel cancer screening test (stool)	-	-	 Age 45 years plus	 Age 45 years plus
Targeted physical examination	-	 With discussion/ counselling from GP	 With discussion/ counselling from GP	 With discussion/ counselling from GP
Lung Age Test	 Smokers & recent ex-smokers (up to 1 yr)	 Smokers & recent ex-smokers (up to 1 yr)	 Smokers & recent ex-smokers (up to 1 yr)	 Smokers & recent ex-smokers (up to 1 yr)
Advanced Fitness Test (Wattbike)	-	-	-	
Post Assessment				
Personalised report, GP letter generated if needed Onward referral if needed (GP HA only) Two follow up lifestyle coaching calls				
Additional Screenings				
Standalone screenings that can be added to health assessment (additional cost)	-	-	 Colon CT Coronary CT Mammogram	 Colon CT Coronary CT Mammogram