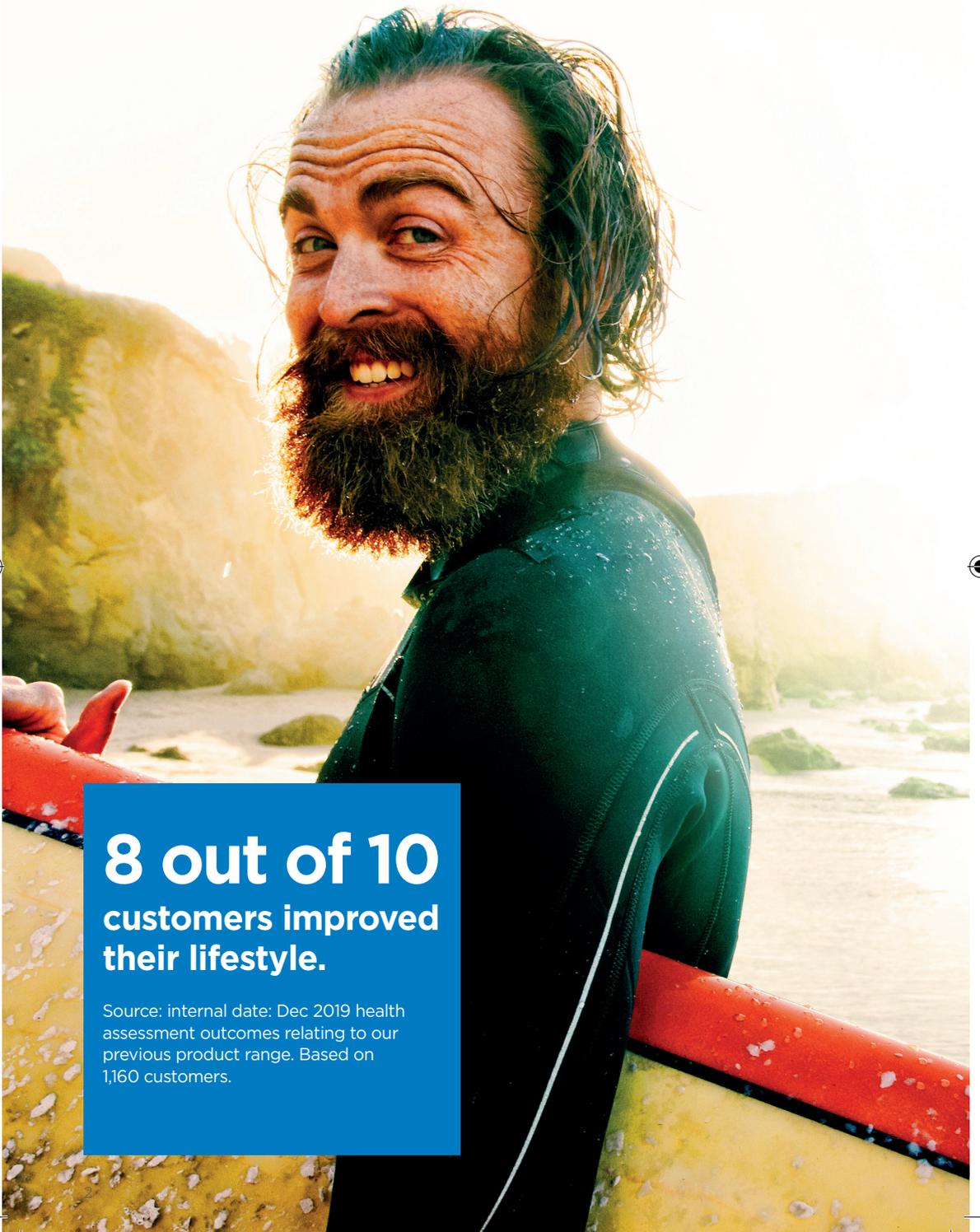


Health assessments.

Bupa 

No
health
insurance
needed

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



8 out of 10 customers improved their lifestyle.

Source: internal data: Dec 2019 health assessment outcomes relating to our previous product range. Based on 1,160 customers.





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.



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

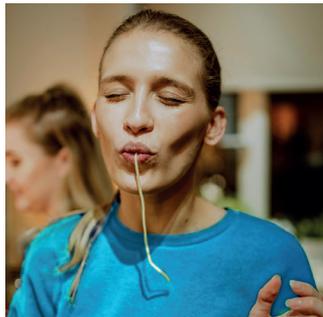




Choose your plan.

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 45 health centres



Be.Motivated

£235

Curious about improving your health?

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



Time: up to 1hr



Be.Reassured

£760

Worried about any underlying health risks?

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



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

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.Ahead

£980

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.



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

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



Be.Healthy at Home

£199

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

£289

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

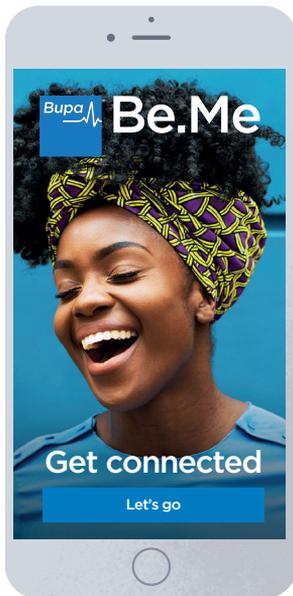


How it works.



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

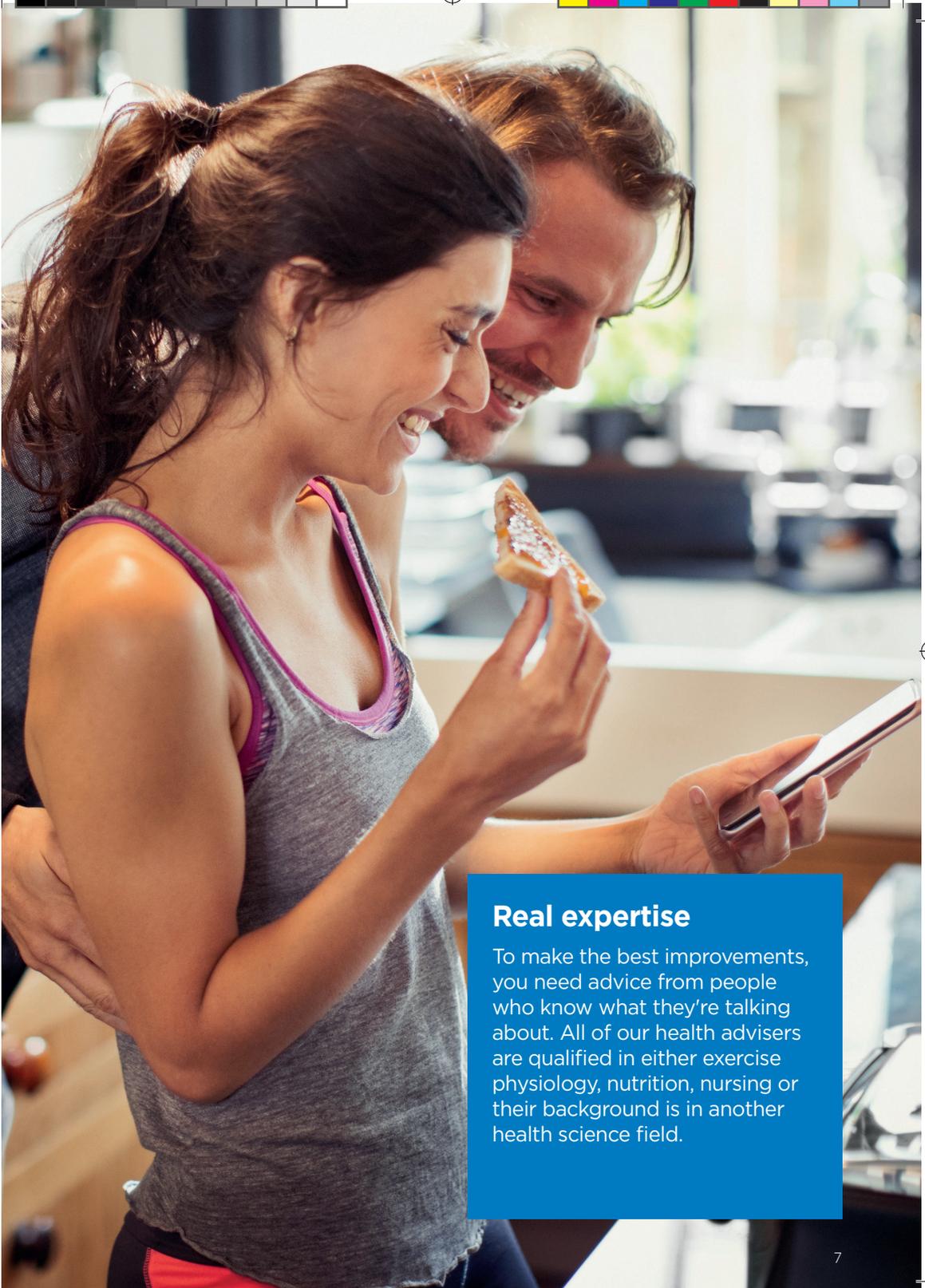
From goal tracking to virtual coaching, you'll have access to lots of tools to keep you focused. See next page for full details.

Start your journey to better health. Book now

0333 331 4905

bupa.co.uk/book-your-appointment

We may record or monitor our calls.



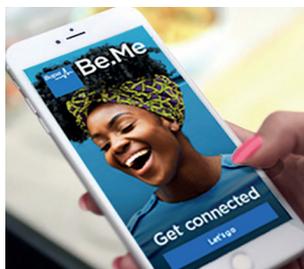
Real expertise

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.



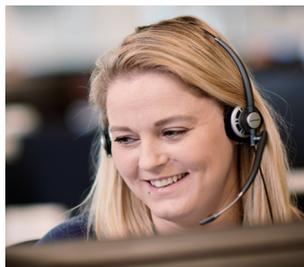
365 days of motivation.

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
- **Sleep** - practical tips on catching more ZZZs with a new and improved sleep routine
- **Resilience** - looking at self-esteem, connections to others and ways to boost healthy habits
- **Money worries** - how to shake unhelpful thinking patterns, reduce comfort spending and more
- **Alcohol** - understanding your relationship with drink, the effects and how to handle triggers
- **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
<p>Up to 30 minutes doctor time</p> <ul style="list-style-type: none"> Ask the doctor about any health concerns 	✗	✓ By video	✗	✓	✓
<p>Extra 30 minutes with a doctor</p> <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* 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) Celiac screen Ferritin Thyroid function (TSH) Cervical cancer and HPV screening (females aged 25 and over) 	✗	✗	✗	✓	✓
<p>Mental health review during doctor time</p> <ul style="list-style-type: none"> referral for additional support if needed 	✗	✓	✗	✓	✓
<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 	✗	✗	✗	✗	✓
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 **£877**

Or add to any plan for: **£877**

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

Coronary Health

Available standalone for **£1037**

Or add to any plan for: **£799**

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

Breast and Cervical Health

Available standalone for **£171**

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

Get a picture of your current breast and cervical health and any potential concerns in these areas.

Recommended for women aged 25 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.

Testicular and Prostate Health

Available standalone for **£171**

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

Get advice on the signs and symptoms of testicular and prostate cancer, plus a PSA blood test and examination if clinically relevant.

Recommend for men 18 and over. PSA blood test for those over 50*



Time: 30 mins

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.



Mammogram

Add to any plan for £125

Available as standalone for: £266

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

Recommended for those aged 40 and over*



Time: 15 mins on top of your
health assessment time

Mature Health

Available standalone for £820

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

CLI 00876 HA/6508/APR23

