

Core health checks on the day:

	Be.Motivated health assessment	Be.Reassured health assessment	Be.Ahead health assessment
Height assessment	✓	✓	✓
Weight assessment	✓	✓	✓
Body mass index (BMI)	✓	✓	✓
Waist to height ratio	✓	✓	✓
Spirometry screening (if you're a smoker or recent ex smoker)	✓	✓	✓
Body fat percentage	✓	✓	✓
Estimated energy requirement	✓	✓	✓
Blood pressure test in both arms	✓	✓	✓
Mobility and flexibility review	✓	✓	✓
Diabetes HbA1c (non-fasting blood sugar test)	✓	✓	✓
Comprehensive cholesterol profile	✓	✓	✓
Resting heart activity (ECG)†	✗	✓	✓
Haemoglobin test (for anaemia)	✗	✓	✓

Discussions on the day:

	Be.Motivated health assessment	Be.Reassured health assessment	Be.Ahead health assessment
Face-to-face health and wellbeing discussion	✓	✓	✓
Your choice of lifestyle module with behaviour change coaching	✓	✓	✓
Up to 60 minutes with a GP, where they can advise on relevant tests based on your health concerns	✗	✓	✓
In-depth mental health review during your doctor time, with a referral for more support if needed	✗	✓	✓
30 minutes on a Wattbike to help create your training programme ?	✗	✗	✓

After your health assessment:

	Be.Motivated health assessment	Be.Reassured health assessment	Be.Ahead health assessment
Two follow-up coaching calls	✓	✓	✓
Online mental wellbeing programmes (12 months)	✓	✓	✓
24/7 Anytime HealthLine so you can talk to a Bupa nurse (12 months)	✓	✓	✓
12 months access to Bupa Be.Me app	✓	✓	✓