



Onsite Health Check comparison table

	Be.Healthy at Work Express	Be.Healthy at Work	Be.Healthy at Work+	Be.Motivated at Work	Be.Lifestyle coached at Work
Maximum employees per day	Up to 40 employees	Up to 20 employees	Up to 11 employees	Up to 8 employees	Up to 21 employees
Health Adviser time	10 minutes	20 minutes	30 minutes	45 minutes	20 minutes
Key tests					
Blood pressure check	✓	✓	✓	✓	-
Height & weight	✓	✓	✓	✓	-
BMI	✓	✓	✓	✓	-
Waist measurement	✓	✓	✓	✓	-
Waist to height ratio	✓	✓	✓	✓	-
Full cholesterol check	-	✓	✓	✓	-
Diabetes blood test	-	✓	✓	✓	-
Body composition	-	-	✓	✓	-
Cardiovascular risk assessment	-	-	✓	✓	-
Diabetes risk assessment	-	-	✓	✓	-
Lung age assessment for current smokers	-	-	-	✓	-
Mobility and flexibility review	-	-	-	✓	-
5 Steps to Wellbeing Lifestyle advice	-	-	✓	✓	✓
Mental wellbeing assessment	-	-	✓	✓	-
Depression and anxiety screening questionnaire	-	-	-	✓	-
Lifestyle and behaviour change discussion	-	-	-	✓	✓
Follow-up support					
Two lifestyle coaching calls	-	-	-	✓	-
A personalised health report	✓	✓	✓	✓	✓
12 months access to Bupa Be.Me wellness app	✓	✓	✓	✓	✓
Access to our health and wellbeing support email series	-	-	-	✓	-