

Health assessment chart

	Medical tests ¹	Be.Ahead	Be.Reassured	Be.Ready
Duration (minutes)	Health assessment duration	150	120	90
	Health adviser time	90	60	60
	Doctor time (up to)	60	60	30
Health and lifestyle review and discussion	Discussion around individual and questionnaire findings	✓	✓	✓
	Cardiovascular risk	✓	✓	✓
	Diabetes risk	✓	✓	✓
	Motivation and readiness assessment (behaviour change)	✓	✓	✓
	Diet assessment	✓	✓	✓
	Physical activity assessment	✓	✓	✓
	Lifestyle assessment (smoking, alcohol, sleep)	✓	✓	✓
	Lifestyle feedback, goal setting and coaching	✓	✓	✓
	Mental health and stress assessment	✓	✓	✓
	Access to Bupa Boost	✓	✓	✓
	Two post assessment coaching support sessions	✓	✓	✓
Test and measures	Height	✓	✓	✓
	Weight	✓	✓	✓
	BMI	✓	✓	✓
	Waist measurement	✓	✓	✓
	Waist to height ratio	✓	✓	✓
	Body fat	✓	✓	✓
	Basal metabolic rate	✓	✓	✓
	Estimated energy requirement	✓	✓	✓
	Heart rhythm screening	✓	✓	✓
	Resting ECG (electrocardiogram)	✓	✓*	✓*
	Blood pressure (both arms)	✓	✓	✓
	Musculoskeletal assessment or hearing (employee choice)	✓	✓	✓
	Diabetes HbA1c (glycated haemoglobin - non-fasting)	✓	✓	✓
	Total cholesterol	✓	✓	✓
	High-density lipoprotein	✓	✓	✓
Total cholesterol/high-density lipoprotein ratio	✓	✓	✓	

Health assessment chart (continued)

	Medical tests ¹	Be.Ahead	Be.Reassured	Be.Ready
Test and measures (continued)	Triglycerides/low-density lipoprotein	✓	✓	✓
	Haemoglobin (anaemia)	✓	✓	✓
	Kidney function tests	✓*	✓*	✓*
	Full blood count	✓*	✓*	
	Calcium	✓*	✓*	
	Urea	✓*	✓*	
	Biochemistry profile including tests for liver function and gout	✓*	✓*	
	Uric acid	✓*	✓*	
	Lung function	✓*		
Doctor engagement and additional screening	Doctor consultation	✓	✓	✓
	Mental health assessment for depression and anxiety	✓	✓	✓
	General examination	✓	✓	✓
	Testicular examination (male only)	✓	✓	✓*
	Prostate examination (male only)	✓	✓	✓*
	PSA test (over 50 – male only)	✓	✓	
	Bowel cancer test (over 45)	✓	✓	
	Urinalysis	✓	✓	✓
	Thyroid function check	✓*	✓*	
	Cervical smear test (female over 25)	✓	✓	
	Human papilloma virus (if abnormality detected in smear – female only)	✓	✓	
	High vaginal swab (female only)	✓*	✓*	
	Breast examination (female only)	✓	✓	✓*
Chest x-ray	✓*	✓*		
Fitness tests and additional screening	Advanced fitness test	✓		
	Measure of efficiency in response to exercise	✓		
	Anaerobic threshold	✓		
	Grip strength assessment	✓		
	Fitness score – VO2 max (predicted)	✓		
	Body metabolism during exercise	✓		

¹ For medical reasons, some tests may be omitted. If this is the case, an explanation will be provided to your employee at their appointment.

*If clinically indicated