Which health assessment is right for you?

Each of our three health checks offers a core set of tests and benefits. Then there are optional extras depending on your circumstances and goals, putting you more in control of your health and wellbeing.

The Bupa Be.Me app lasts 12 months and includes:	Be.Motivated health assessment	Be.Reassured health assessment	Be.Ahead health assessment
A lifestyle and mental health questionnaire	✓	✓	✓
Wellbeing information tailored for you	✓	✓	✓
Upload and use your wearable data	✓	✓	✓
Set and track your own personal goals	✓	✓	✓
Support from a virtual coach	✓	✓	✓

Core health checks on the day^:	Be.Motivated health assessment	Be.Reassured health assessment	Be.Ahead health assessment
Height	✓	✓	✓
Weight	✓	✓	✓
Body mass index (BMI)	✓	✓	✓
Waist to height ratio	✓	✓	✓
Spirometry screening (if you're a 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)[†]	✗	✓	✓
Full blood count[†]	✗	✓	✓
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 you can ask about anything	✗	✓	✓
In-depth mental health review during your doctor time, with a referral for more support if needed	✗	✓	✓
30 minutes on a Wattbike to identify the ideal intensity for 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)	✓	✓	✓

[†]You might have all of these tests, or the doctor may decide that some are not relevant to you