

Remote health and wellbeing plans



Health Assessment	Be.Healthy at Home	Be.Healthy at Home Plus
At home testing kit	✓	✓
Health advisor time	45mins	45mins
Doctor time	None	Up to 30 mins
Total Health Assessment time	45mins	1 hour 15 mins
Pre Assessment		
Access to My Bupa App, health questionnaire, mental health questionnaire, Silvercloud access, Anytime Healthline for individual and family	✓	✓
During Assessment		
Height and weight measurements (BMI), estimated energy requirements (BMR), blood pressure, Grisk, Qdiabetes	✓	✓
Muscle and joint review, mental health review, lifestyle change advise	✓	✓
Lipid profile (Cholesterol)	✓	✓
HbA1c (Diabetes)	✓	✓
Post Assessment		
Personalised report GP letter, if needed Onward referral, if needed Two follow up lifestyle coaching calls	✓	✓

Be.Healthy at Home

A convenient way to start making lasting lifestyle changes. It empowers you with a series of health checks, advice from a health adviser, and a full year's tailored ongoing support.



45 minutes

Be.Healthy at Home Plus

Everything you get with Be.Healthy at home, plus 30 minutes with a doctor by phone or video call.



1 hour 15mins