



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 36 employees	Up to 18 employees	Up to 12 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 and 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 wellness app	✓	✓	✓	✓	✓
Access to our health and wellbeing support email series	-	-	-	✓	-