

Health and  
wellbeing plans.



# Be.Motivated

Curious about improving your health? Identify opportunities to make some positive lifestyle changes with a health adviser. Plus, get tips on how to make them last.



# What's included?



## Be.Me app – your digital base

- Virtual coach, Luke, who will help you navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build your unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
  - Nutrition for weight management
  - Nutrition for fitness performance
  - Nutrition for healthy living
  - Healthy gut
  - Healthy heart
  - Exercise for weight loss
  - Exercise for fitness performance
  - Exercise for healthy living
  - Managing alcohol intake
  - Stopping smoking
  - Managing stress
  - Improving sleep
- Tailored wellbeing content based on your health focus
- Upload wearable data to help you track goals and start group challenges



## Face-to-face consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Core tests, including blood tests for type 2 diabetes and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your health risk profile – with behaviour change coaching



## Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

## On-the-day assessment length.

- Health adviser – 60 minutes

