



Bluecrest

WELLNESS MADE EASY

# BUSINESS HEALTH EXECUTIVE PACKAGE BROCHURE



Information for employees





**A very comfortable experience with a helpful specialist. The appointment took no time at all so was able to get on with my day. Results were so informative and easy to read. The location was easy to reach as no clinic was close by.**

*– Sharron Bown,  
My Benefits World*

## ABOUT BLUECREST

# Welcome to the start of better health and wellbeing.



Since 2012, Bluecrest has been helping people take control of their health by offering fast and effective non-invasive health checks.

We believe prevention is better than cure. Health checks allow you to monitor and improve your health – they're a bit like an MOT for your body. Many conditions will not give you any noticeable symptoms in their early stages, but can become more serious without intervention. Some health issues, like type 2 diabetes or high cholesterol, can often be prevented entirely by making simple changes to your lifestyle or diet.

Our aim is to inspire and motivate you to make the right decisions now to enable you to live a healthier, happier, and longer life.



[www.bluecrestwellness.com](http://www.bluecrestwellness.com)

## THE PROCESS

# How does it work?



## 1. Simple booking and convenient locations

Once your eligibility begins, Bluecrest Wellness will send you a welcome email containing a link to book your appointment online. You can also call and book over the phone if you'd prefer.

With over 10,000 clinics in 400 locations across the UK and Ireland, great transport links and easy parking, you'll usually be able to find a clinic within 10 minutes of your home or work at a time and date that suits you.

## 2. During your appointment

Your health check is designed with you in mind, it will be quick, easy and pain free. You will be invited into a private consulting room where an experienced Health Assessment Specialist, trained in phlebotomy, will take your measurements, blood pressure, and blood samples.

We ensure the same quality tests you'd expect from a hospital but in a more comfortable, relaxed and convenient setting. Your appointment will usually take around 30-40 minutes.

## 3. After your appointment

You'll be able to view each of your test results securely online around 8 days after your appointment. Within 21 days of your appointment, you'll receive a comprehensive results report through the post, explaining each of your test results in detail. For extra peace of mind, we'll also contact you directly if any results require urgent action.

## ABOUT BLUECREST

# What's included?



## Business Health Executive

Your Business Health Executive package a blood and biometric analysis to assess several key health indicators including your risk of type 2 diabetes, cholesterol levels, protein and iron levels, body fat and muscle mass, heart disease and stroke risk, kidney and liver function, musculoskeletal (MSK) health, health and wellbeing specialist sessions, lung function, fitness assessment and more.

You can also upgrade your health assessment to include the Early Cancer Add-on. See page 6 for more information.

## Results to inspire and motivate

Within your personalised results report, which you'll receive digitally online and through the post, each test result is given a "flag" of red, amber or green. This helps you easily identify any results which are outside of the recommended range for your personal profile. Each result also includes personalised follow up advice, allowing you to decide what to do next. Plus, if any test results require immediate medical attention, our Results team will alert you straight away.

## On-going support

Your health check includes FREE access to a 24/7 GP helpline service for 12 months after your appointment. Call anytime to discuss your health questions with a registered GP. Please note, the GP will not have access to your results.



## HEALTH CHECKS

# Business Health Executive Health Check – £329.



89 Health Readings



Appt. length: 35 mins



GP Helpline + Consultation

### Give your people our most extensive health assessment for the ultimate peace of mind

Our most comprehensive Level 4 assessment is our executive suite of tests and checks, designed to protect your people – and your business – from the unexpected. Building on the comprehensive package, tests include a blood health profile, MSK and mental health assessments, liver fibrosis assessment, lung function test, advanced diabetes test, personalised health and wellbeing coaching, fitness test – and a personal GP consultation to talk through results.

### Specialist tests to assess hidden health risks

High levels of lipoprotein (a) are a risk factor for heart disease and stroke due to restricted blood flow. The Executive package includes a specialist test to measure the amount of lipoprotein (a) in your blood. The package also includes a Fitness Assessment to help you understand your current level of fitness. During your assessment, we will measure three items: resting heart rate, heart rate after exercise and the oxygen levels.

## BUSINESS HEALTH EXECUTIVE

### What tests are included?

#### 24/7 GP HELPLINE

24/7 GP helpline access for one year. From tummy upsets to travel inoculation advice, call any time of the day or night to discuss any health questions with a registered GP.



#### CANCER INFORMATION

Simple lifestyle changes to help you maintain general good health, along with straightforward self-examination steps to help you spot the early signs of breast and testicular cancer.



#### BIOMETRIC ANALYSIS

A biometric analysis gives a breakdown of many components in the body, including muscle and bone mass, visceral fat levels and more. It also shows metabolic age, BMI and BMR.



#### BLOOD PRESSURE

This test uses an arm cuff attached to a monitor to give the blood pressure result. Systolic and diastolic measurements are taken, helping identify high or low blood pressure.



#### BONE HEALTH, ENERGY AND MUSCLES

This blood test gives three key readings - calcium, corrected calcium and phosphate. Calcium and phosphate are essential for healthy bones, muscle function and energy production.



#### CHOLESTEROL LEVELS

This test measures the levels of various types of cholesterol in the blood to help identify any imbalances. Five readings are given, including HDL, LDL and cholesterol ratio.



#### ADVANCED DIABETES (HBA1C)

While a glucose test measures blood glucose levels at one moment in time, a HbA1c test gives a picture of the average amount of glucose in the blood over the last few months.



#### ESSENTIAL PROTEINS AND IRON

This test measures the levels of two important proteins in the blood (albumin and globulin). The test also assesses iron levels and TIBC, helping to reflect the body's iron stores.



#### HEART DISEASE AND STROKE RISK ASSESSMENT

This test uses results gathered during the health check (including blood pressure, glucose and cholesterol levels) to give an indication of the risk of cardiovascular diseases.



## KIDNEY FUNCTION

This test measures the levels of sodium (salt) and waste products (urea and creatinine) in the blood. An eGFR result is also included to help identify reduced kidney function. ✓

## LIVER FUNCTION

This test measures the levels of the liver enzymes ALT, AST, ALP and GGT in the blood, together with the liver waste product bilirubin. Abnormal levels can indicate liver damage. ✓

## URIC ACID

This blood test measures uric acid levels, a waste product made from protein digestion. High levels are associated with a greater risk of gout, a form of inflammatory arthritis. ✓

## MENTAL WELLBEING

This test uses confidential questionnaires to help assess four aspects of psychological wellbeing associated with stress: anxiety, depression/mood, resilience, and engagement. ✓

## MENTAL WELLBEING CONSULTATION

Arrange a private 30-minute telephone consultation with an experienced Emotional Wellbeing Adviser who can give advice and support on emotional/mental wellbeing concerns. ✓

## MUSCULOSKELETAL HEALTH

This test measures the risk of developing long-term back problems, to help guide you in managing back problems more effectively. MSK problems are among the most common causes of sickness absence. ✓

## MUSCULOSKELETAL WELLBEING CONSULTATION

Arrange a private 30-minute telephone consultation with a Musculoskeletal (MSK) Wellbeing Adviser who can give practical advice on how to help alleviate aches and pains. ✓

## PERIPHERAL ARTERIAL DISEASE (PAD)

This ABPI test uses sensors attached to the arms and legs to detect any difference in blood pressure between the two. A difference can indicate PAD. Suitable for over 40s only. ✓

## HEART RHYTHM (ECG)

This test uses a 6-lead ECG test to check the rhythm of the heart. An accredited Cardiac Data Analyst will then review the trace (the image of the heartbeat over a period of time). ✓

## BLOOD HEALTH PROFILE

This test, also called a Full blood count, gives 10 key readings to help assess blood health and immunity. Readings include red blood cells, white blood cells, and platelets. ✓

## LIVER FIBROSIS

The FIB4 test is a scoring system that estimates liver fibrosis (scarring) without the need for a biopsy. It is calculated using results from the AST, ALT and platelet tests. ✓

## MUSCULAR GRIP STRENGTH

This test measures the strength of your hand grip using a dynamometer. This can help identify MSK problems affecting your hands and wrists, such as arthritis or carpal tunnel syndrome. ✓

## HEALTH AND WELLBEING SPECIALIST

After you receive your results, you'll have access to 2 x 30-minute health & wellbeing sessions where one of our health specialists can help you identify ways you can improve your health behaviours. ✓

## LUNG FUNCTION CHECK

This test measures whether your lung function is within the normal range, the level of obstruction in your lungs, and your 'lung age' if you are a smoker. ✓

## GP CONSULTATION

We feel the best time for a GP Consultation is once all the health tests have been run and results have been received. Speak with a GP over the phone or via video-chat online. ✓

## LIPOPROTEIN A\*

This specialist test measures the amount of lipoprotein (a) in your blood. High levels are a risk factor for heart disease and stroke due to restricted blood flow. ✓

## FITNESS ASSESSMENT

This test uses a step test to help you understand your current level of fitness. During your assessment, we will measure three items: resting heart rate, heart rate after exercise and the oxygen levels. ✓

*\*Lipoprotein A test is currently unavailable in Northern Ireland*





“Excellent detailed report, taking responsibility for our own health is vital. The Bluecrest experience was very detailed but explained in clear detail.”

– Natalie Curtis,  
Balfour Beatty

## HEALTH CHECKS

# Early Cancer Add-on – £186 + Business Health Executive



### Get peace of mind by identifying cancer risks

All health assessments can be upgraded to assess cancer risks of the **stomach, bowel, cervix (for females) and prostate (for males)**, as well as a **urine analysis**, which can detect many infections of the urinary tract and can be an early sign of bladder cancer. Spotting the signs of cancers early can be vitally important – and in many instances, starting treatment for cancer early can make all the difference.

### It's important to remember...

...when looking at cancer tests, it's important to recognise that no test can be 100% perfect. While our tests can highlight cancer risk, 'false positives' and 'false negatives' can also occur, particularly for prostate cancer risk and bowel cancer risk tests – **which is why these tests are only available for employees over the age of 40**. All results will be explained fully in the results report, and we include a private 15-minute consultation with a registered GP after all laboratory results have been analysed.

#### EARLY CANCER ADD-ON

### Male cancer risk

The male cancer risk add-on includes tests for cancer risks of the **stomach, blood, and bladder** for all ages, as well as **bowel and prostate**, for those aged 40 and over.

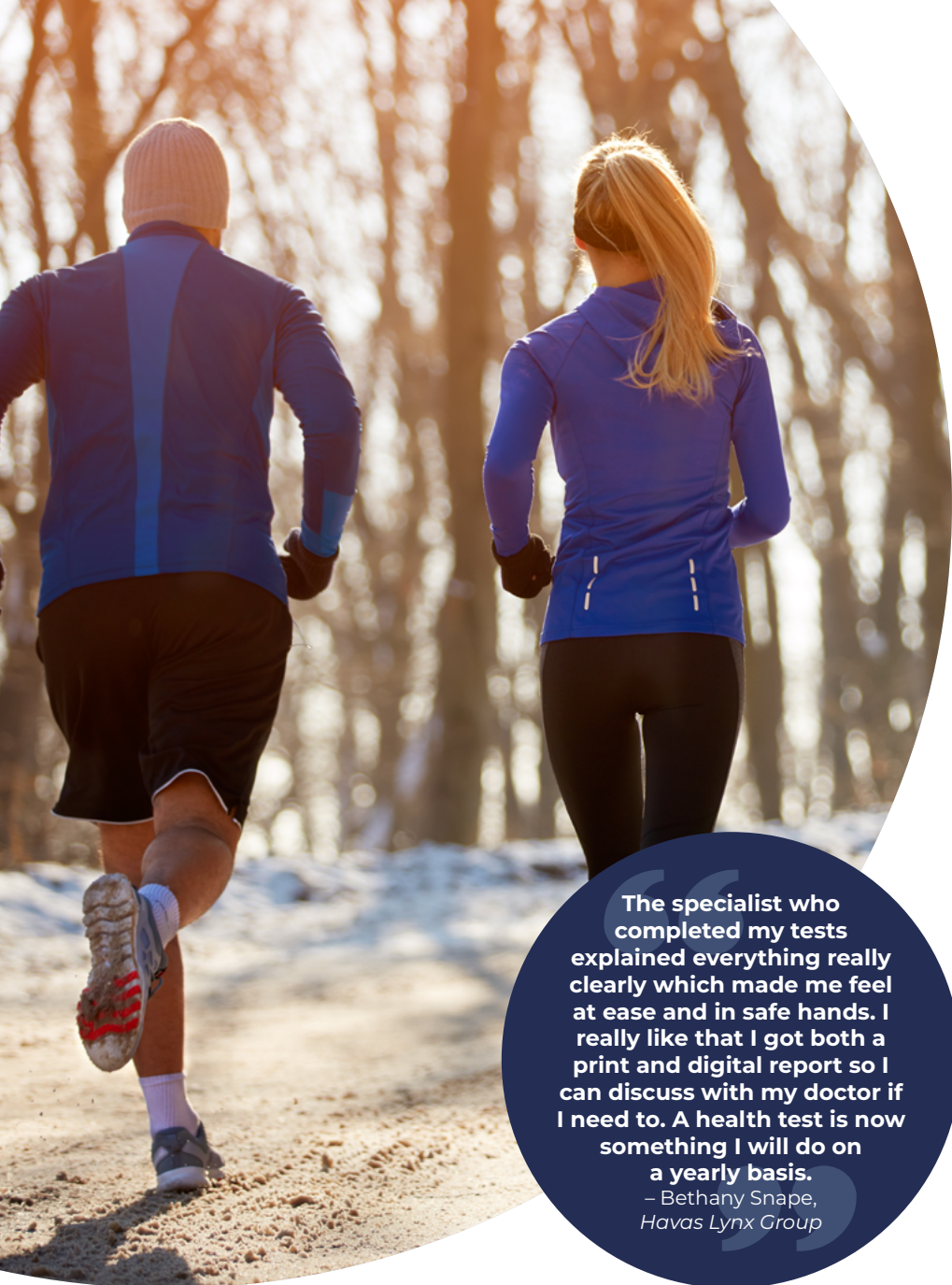
A Private GP Consultation is also included which takes place via phone or webcam once results have been received.

#### EARLY CANCER ADD-ON

### Female cancer risk

The female cancer risk add-on includes tests for cancer risks of the **stomach, blood, bladder and cervix** for all ages, as well as **bowel** for those aged 40 and over.

A Private GP Consultation is also included which takes place via phone or webcam once results have been received.



**The specialist who completed my tests explained everything really clearly which made me feel at ease and in safe hands. I really like that I got both a print and digital report so I can discuss with my doctor if I need to. A health test is now something I will do on a yearly basis.**

– Bethany Snape,  
Havas Lynx Group

## FAQs

# Frequently Asked Questions.



### Are health checks confidential?

Yes. Your results are confidential and will only be provided to you.

### Where can I get my health check?

With 10,000 convenient clinics in 400 locations every year, you will find a high-quality assessment available close to your home or place of work. We ensure that all customers are always seen in private consulting rooms.

### How do I make an appointment?

You will receive a welcome email with a link to book your appointment online via our 'My Wellness' hub, which will also contain all your online results and reports.

### How do I prepare for my health check?

You don't need to fast before your appointment. You can continue to eat and drink as you normally would, and continue to take any prescribed medications, but should avoid vitamins and supplements as these can affect some results. We recommend that you drink plenty of water as this helps maintain blood circulation which makes it easier for our Health Assessment Specialist to take a blood sample. You should wear loose and non-restrictive clothing i.e. no tights or stockings. This allows the Health Assessment Specialist easy access to your arms and lower legs. Full preparation instructions will be provided in writing when you book your appointment.

### Can I get these tests free on the NHS?

The NHS doesn't normally offer tests unless you display symptoms. The NHS does have a screening programme in place for certain illnesses in people of certain ages, however the NHS does not normally offer comprehensive screening with a detailed personalised results report.



## FAQs

### What happens on the day?

You can be assured of a warm welcome and a high-quality clinical service. You will be invited into a private consulting room where a Health Assessment Specialist will take your measurements and blood samples.

### How long does it take?

We advise to allow around 30 to 40 minutes for your health check, and to arrive 10 minutes before the appointment start time.

### Will I have to get undressed during my appointment?

No, our health checks are all non-invasive, and most just require a couple of small blood samples and a few key body measurements and so our clinician will only need access to your lower legs and arms.

### When will I receive my results?

Full results reports are sent to your home within 21 days of your health check. Where results warrant urgent feedback, we provide dedicated, confidential, and proactive support. You'll also be able to view your results report securely online via My Wellness usually within 8 days.

### What's included in the results report?

Your report explains each of your personal results in detail, with no medical jargon. Each test result is presented in a way that enables you to easily see how your result compares to the recommended range for your age and sex. Each result is also given a flag of green, amber or red, so you can easily identify any areas for concern at a glance. Your report includes personalised advice so you won't be left wondering what your next steps should be or whether you need to seek medical help. We also explain the benefits and limitations of each test to ensure you get the full picture.

### Are there any restrictions for having a health check?

Bluecrest health checks are only suitable for ages 18 - 79. We cannot offer health checks to employees who are pregnant. You should speak to your GP if you have specific health concerns. If you require special assistance, please get in touch and we can ensure the tests and venue are suitable for your needs.

## FAQs

### Will I be able to discuss results with a GP?

If you want to ask questions about your results, our team is on hand to help. Our Business Health Executive package and Early Cancer Add-On both include a Private GP Consultation, which takes place via phone or webcam once you've received your results report, enabling you to discuss your results in detail with a GP. Your results report also includes a handy one-page results summary which you can share with your own GP should you wish.

### Why don't you carry out your health checks in hospitals?

Bluecrest uses the very latest mobile health check equipment at our network of over 10,000 clinics at 400 locations across the UK and Ireland. The venues have been chosen based on their convenient locations, comfortable surroundings, accessibility, parking and transport links. All venues are regularly quality checked by our Events team and Health Assessment Specialist to ensure they meet our high standards. We find our customers really benefit from relaxed, friendly, private and comfortable surroundings. We only use high quality, private health checks rooms. And since we don't have the same overheads associated with running our own private hospital, we're able to pass our savings on to you by offering affordable health checks which are medically robust.

### How can I be sure of quality?

Bluecrest staff performance is regularly monitored, to ensure we are giving a first-class customer experience. We also regularly undertake phlebotomy audits to ensure high standards of practice and we consistently beat our target of over 90% of customers rating us as good or excellent. All staff also undertake mandatory training in key areas related to Health and Safety, Protection of Vulnerable Adults, and Clinical Practice Observation to name just a few. Bluecrest is registered and regulated by the Care Quality Commission.





## FOR MORE DETAILS

☎ **0808 168 9219**

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🌐 **www.bluecrestwellness.com**



# Bluecrest

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