



# Health Assessments for Business

Help to keep your employees fit and well



# We're Benenden Health

## Here for every employee, every day

The backbone of a successful business is always its people. Yet health affects everyone, regardless of whether you're a big company, or a little company.

We provide businesses with the high-quality, affordable health and wellbeing services and tools they need to take care of each and every employee. Our Health Assessments for Business have been specially designed to best suit your staff's needs, whilst also making financial sense for your business. In addition, we're a mutual, which means we're here for you and your employees, not for profit.

**These are just some of the reasons why our customers voted us winner of the Moneywise Most Trusted Health Insurance Provider via your Employer Award, and for our 8/10 Gold rating from Protection Review.**



## Here for you, them and everyone

### It's important to support your workforce's health and wellbeing to benefit both your employees and your business

We've partnered with Bluecrest Wellness, who encourage employees to take control of their health by empowering them with the knowledge about their current health status.

Founded in 2012, Bluecrest Wellness are experts in delivering high-quality, affordable health assessment programmes, with a focus on conditions that can show no symptoms in their early stages. Health assessments encourage employees to take action before their condition becomes serious and provide tailored follow-up advice as standard.



## Our Benenden Health Assessments are designed around your business

- You can choose from five different levels of health assessments
- Host your own Know Your Numbers day where a Health Assessment Specialist will deliver on-site health checks
- Home test kits
- Simple to book and arrange

## How health assessments benefit your business and your employees

### Our health assessments could help your employees:

- ✓ Identify warning signs of hereditary and hidden illnesses
- ✓ Reduce the risk of preventable conditions like heart disease and diabetes
- ✓ Feel more in control of their health and wellbeing
- ✓ Take positive steps towards healthier dietary and lifestyle choices
- ✓ Improve the quality of their life, now and in the future

### Our health assessments could help you:

- ✓ Create a business culture of positive health and wellbeing
- ✓ Reduce long term employee absenteeism
- ✓ Improve team motivation and morale
- ✓ Attract and retain talent
- ✓ Create a more informed health and wellbeing strategy

# Health assessments

## Packages Overview

Our different levels of health assessments range from a simple entry-level check with Prevention Plus to a more detailed Premier + Early Cancer Risk package. All of our health assessments provide your employees with a personalised health report and support with access to a GP helpline.

**There are five levels of health assessments available, see what's included in each package below:**

### Prevention Plus – £89 per employee

30 minutes

Includes blood tests for liver and kidney function, full lipid panel to check cholesterol levels and more.

### Active – £115 per employee

30 minutes

In addition to the Prevention Plus checks, your employees will also receive a resting ECG test which is important for understanding heart rhythm and identifying irregularities.

### Core – £159 per employee

30 minutes

For those aged 40+, a prostate or ovarian cancer risk test is included. This will be substituted for a stomach cancer risk test (H. Pylori) for those aged under 40 - this also applies to Premier and Premier + Early Cancer Risk.

### Premier – £239 per employee

30 minutes

Building on the Core package, Premier includes additional tests such as thyroid function and urine analysis. The urine analysis involves taking a small urine sample from the comfort of home.

### Premier + Early Cancer Risk\* – £359 per employee

30 minutes

This assessment includes all of the Premier tests with an additional focus on cancer risks and seeking ways to reduce the risk of developing cancer in the future.

### Everyone gets access to round the clock support

Your employees have access to our 24/7 GP Helpline for one year after their health assessment.

		Prevention Plus	Active	Core	Premier	Premier + Early Cancer Risk
<b>Stroke and heart disease risk</b>	Blood pressure	●	●	●	●	●
	Metabolic syndrome	●	●	●	●	●
<b>Biometric analysis</b>	Body mass index, body fat percentage, visceral fat rating, basal metabolic rate, metabolic age, fat free mass, bone mass, muscle mass, total body water %	●	●	●	●	●
<b>Cholesterol status</b>	Triglycerides, total cholesterol, HDL cholesterol, non-HDL cholesterol, Total / HDL ratio	●	●	●	●	●
<b>Diabetes risk</b>	Glucose	●	●	●	●	●
	HbA1c				●	●
<b>Peripheral arterial disease</b>	ABPI (Ankle Brachial Pressure Index)*	●	●	●	●	●
<b>Kidney function</b>	Sodium, urea, creatinine, eGFR	●	●	●	●	●
<b>Liver function</b>	ALP, AST, ALT, gamma GT, bilirubin	●	●	●	●	●
<b>Essential proteins and iron</b>	Total protein, albumin, globulin	●	●	●	●	●
	Iron, total iron binding capacity	●	●	●	●	●
<b>Bone health, energy &amp; muscles</b>	Calcium, corrected calcium, phosphate	●	●	●	●	●
<b>Gout check</b>	Uric acid	●	●	●	●	●
<b>Muscular health</b>	Dynamometer test	●	●	●	●	●
<b>Mental wellbeing</b>	Depression (PHQ8), anxiety (GAD7), resilience (RAQ8) and engagement questionnaires	●	●	●	●	●
	Emotional wellbeing adviser consultation	●	●	●	●	●
<b>Musculoskeletal health</b>	Musculoskeletal motor function health scan	●	●	●	●	●
	Musculoskeletal wellbeing adviser consultation	●	●	●	●	●
<b>Heart rhythm</b>	ECG (15 readings)		●	●	●	●
<b>Full blood count</b>	Haemoglobin, red blood cell / platelets count, haematocrit / mean cell volume, mean cell haemoglobin / concentration			●	●	●
	White cell count, neutrophils, lymphocytes, monocytes, eosinophils, basophils			●	●	●
<b>Liver fibrosis assessment</b>	FIB4			●	●	●
<b>Cancer awareness &amp; risk</b>	Cancer awareness and lifestyle advice	●	●	●	●	●
	Prostate / ovarian cancer risk*			●	●	●
	Stomach cancer risk (H. Pylori)					●
	Bowel cancer risk (FIT test)					●
	Cervical cancer risk (HPV)					●
<b>Thyroid function</b>	Thyroid stimulating hormone (TSH)				●	●
	Free thyroxine 4 (FT4)				●	●
<b>Urine analysis</b>	Blood in the urine					●
<b>Follow-up support</b>	24/7 GP telephone helpline	●	●	●	●	●
	15 minute GP consultation via telephone or webcam				●	●

\*Suitable for over 40s only

# On-site health assessments

## Know Your Numbers days

For just **£700 per day**, a Health Assessment Specialist will deliver on-site health checks to your employees. They can see up to 30 people a day at your premises.

Each check will last 15 minutes and your employees will receive results on the day, alongside the advice they need to pro-actively manage their health and wellbeing.

Our Know Your Numbers days are an affordable way for you and your business to show your employees how much you care and foster a culture of health and wellbeing across your organisation.

### What's included?

<b>Stroke and heart disease risk</b>	Blood pressure
<b>Biometric analysis</b>	Body Mass Index
	Body fat percentage
	Visceral fat rating
	Fat free mass
	Bone mass
	Muscle mass
	Basal metabolic rate
	Metabolic age calculations
<b>Diabetes</b>	Glucose finger prick test
<b>Cholesterol status</b>	Finger-stick, Triglycerides, total cholesterol, HDL cholesterol, non-HDL cholesterol, Total / HDL ratio
<b>Cancer awareness</b>	Cancer risk awareness and general lifestyle advice
<b>Results</b>	Results on the day

## Health checks at home

Our new Home Test Kits mean that your employees can check their health from the comfort of their own home from **£62 per employee**.

Each Home Test Kit includes a full walk-through as well as a free online appointment with a virtual health coach to help employees collect their samples safely.

Once the samples have been sent to our laboratory and analysed, we'll provide your employees with a fully personalised report detailing their results and include advice on how they can care for and improve their health.

### It's simple

1. Employees receive a home testing kit, from Bluecrest, which includes everything they need to check their cholesterol and glucose levels, kidney function, bone health and more
2. Once the samples are collected they simply drop off their completed kits to the nearest post box, using the prepaid shipping label provided. Samples will then undergo full laboratory analysis
3. Employees will receive their results online and advice within eight days from receipt at the lab

### Our kits come in three different levels

Base	Extra	Total
<p><b>21 readings</b></p> <p>Self-collection kit Postage and packaging Full lab analysis</p> <p><b>£62 per employee</b></p>	<p><b>34 readings</b></p> <p>Self-collection kit Postage and packaging Full lab analysis</p> <p><b>£89 per employee</b></p>	<p><b>37 readings</b></p> <p>Self-collection kit Postage and packaging Full lab analysis</p> <p><b>£116 per employee</b></p>

# It's simple to organise health assessments for your employees

1



## Arranging the assessments

First we'll discuss your organisation's health needs. Once you've confirmed your health assessments package, we work with you to arrange the assessments on a convenient day/days.

We'll also provide you with all the engagement tools you need to explain to your employees how they can book their individual tests.

2



## Conducting the health assessments

### Health assessments

Employees log onto the online booking system and select their chosen time slot and location

### Know Your Numbers days

Employees log onto the online booking system and select their chosen time slot and location

Your employees will receive their health assessment results instantly, with a Know Your Numbers day, or within 21 days for any other package.

3



## Post assessment support

We'll provide you with an anonymised healthcare report<sup>1</sup>, indicating the overall state of health of your employees.

We also give you a summary of feedback on the health assessment from your employees, and arrange a follow up meeting or call to discuss how the assessment day went.

# Informative reports



## Employer reports

With health assessments and Know Your Numbers Days, we'll provide you with a detailed anonymised report<sup>1</sup> of your employees' results. The report will help identify your employees' health risks and encourage them to take action to improve their health and wellbeing, before health concerns become more serious.



## Employee reports

All employees undertaking a health assessment will be provided with a detailed report within 21 days of the screening. The report includes insight into their overall health as well as a personalised lifestyle assessment to help them make the changes needed to lead a healthier lifestyle.

**This data can provide key insights that could help inform your health and wellbeing strategy as well as future employee benefits you may choose to offer.**

<sup>1</sup> All reports are anonymous. Available for 50+ employees only, to ensure anonymity can be maintained.

# FAQs

## Health Assessments

### Where can your employees get health assessments?

Your employees will find their Bluecrest Wellness service extremely convenient. Your employees can access the entire Bluecrest Wellness network of local venues. With over 2,000 mobile clinics nationwide, your employees should be able to find a clinic close to where they live or work – we make sure that employees are always seen in private consulting rooms. In addition, if you prefer to have screenings at your business premises we can host a Know Your Numbers day (Page 8).

### What happens on the day for a health assessment?

Your employees can be assured of a warm welcome and a high quality clinical service. The checks themselves use the latest technology to deliver a first class service and minimise time. We advise allowing around 30 to 40 minutes for the appointment depending on the chosen package.

### How should your employees prepare?

We've recently upgraded our testing so your employees don't need to fast before their appointment. They may continue to eat and drink as they normally would and can continue to take any prescribed medications, but they must avoid vitamins and supplements as these can affect some results. Your employees should wear loose and non-restrictive clothing and avoid wearing tights or stockings. This allows our Health Assessment Specialist easy access to their arms and lower legs.

### When are the results available?

Full results are sent within 21 days of the health assessment. Where results warrant urgent feedback, we provide dedicated, confidential, and proactive support to employees who may need a referral. Our results report is considered to be one of the most detailed in the sector and we're able to tailor content to the requirements of clients. Results are also available online through the Bluecrest My Wellness portal.

### Are the results confidential?

Yes. The discussions your employees have and results of any tests are completely confidential and will only be provided to that same employee.

## Home Test Kits

### What is a virtual appointment?

A virtual appointment is your one-to-one online discussion with one of Bluecrest's friendly health coaches. We know that collecting your own sample can sometimes be a little difficult, so we can support your employees to ensure a safe and effective sample is taken. Once they've booked their virtual appointment, on the day of the appointment they'll receive an email with a Microsoft Teams link inviting them to talk to a health coach who will guide them through the self-collection test.

### Do I have to have a virtual appointment?

A virtual appointment is not a requirement however we recommend booking one as it's always helpful having a health coach ready to answer any questions your employees may have about collecting your samples effectively. Please note, full instructions will be included in the Home Test Kits.

### When do employees send samples

Your employees' samples should be posted the same day and if not possible the next morning. This is to ensure your blood sample does not haemolyse before it reaches the lab.

### Is postage free?

Yes, Home Test Kits contain a pre-paid postage label.

### Who processes my employees samples and results?

Your employees' samples and other readings will be analysed by the largest independent laboratory in the UK, The Doctors Laboratory (TDL). TDL are fully accredited experts with over 30 years' experience in laboratory and cardiology services. Once TDL have analysed their samples and readings, test results are sent securely to Bluecrest who compile results and notify your individual employees when they are available to view online on the Bluecrest My Wellness portal.

**£11.90**  
per employee,  
per month

## Everyday support for your employees' health and wellbeing

If you want to do even more to look after your employees' everyday health and wellbeing, and reduce absenteeism, Benenden Healthcare for Business is the affordable way to help protect your team's long-term health, happiness and productivity.

For only £11.90 per employee, per month, our healthcare gives you the peace of mind of knowing all your employees are cared for, regardless of their age or pre-existing medical conditions.

### The benefits to your employees:

- Instant access to 24/7 services for mental and physical health from day one
- After six months, they'll get extra help to return to work with physiotherapy and fast track diagnosis, mental health counselling support and access to private medical treatment for 200+ common procedures
- Access to a host of member rewards and discounts with My Benenden Rewards
- Online health and wellbeing classes

Limits and exclusions apply.

To find out more about Benenden Healthcare for Business call our team on **0808 231 5009\*** or visit **[www.benenden.co.uk/business](http://www.benenden.co.uk/business)**

UK residents only and limits and exclusion apply. Our services are offered on a discretionary basis and a minimum NHS wait times apply to private diagnostics and private medical treatment. For a full list of the procedures we cover is on our website: [www.benenden.co.uk/our-procedures](http://www.benenden.co.uk/our-procedures).



# Contact us

If you'd like to find out more about how your business could benefit from our health assessments, our friendly team are here to help you.

## Any questions just give us a call



0808 231 5009\*



[salessupport@benenden.co.uk](mailto:salessupport@benenden.co.uk)



[www.benenden.co.uk/business](http://www.benenden.co.uk/business)

\* Lines are open 9am - 5pm, Monday to Friday (except bank holidays). Please note that your call may be recorded for our mutual security and also for training and quality purposes. Please check the website for up-to-date opening times.

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Full details on all products are available by contacting Benenden Health on 0808 231 5009 or by emailing [salessupport@benenden.co.uk](mailto:salessupport@benenden.co.uk).