



Bluecrest

WELLNESS MADE EASY

# COMPREHENSIVE HEALTH CHECKS

Information pack





## BLUECREST WELLNESS

### About Bluecrest health checks

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

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)

## HOW DOES IT WORK?

### Simple booking and convenient locations

Once your eligibility begins, Bluecrest will send you two emails – one containing a link to create an account, and 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 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.

### 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.

### 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.

## WHAT'S INCLUDED?

### Comprehensive tests

Choose from five detailed health assessment packages. Each package includes 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, and more. See page 6 for a full package breakdown of each package.

If you're over 40, you can upgrade the Enhanced or Elite health check to include the Early Cancer Add-on. See page 8 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 and general health advice with a registered GP.

## COMPREHENSIVE HEALTH CHECKS

Choose from our range of comprehensive full body health checks, covering key health markers including liver and kidney function, cholesterol status, diabetes risk and more!

	ESSENTIAL £99	EMPOWER £139	ENHANCED £189	ELITE £289
<b>BIOMETRIC ANALYSIS</b>				
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.	✓	✓	✓	✓
<b>BLOOD PRESSURE</b>				
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.	✓	✓	✓	✓
<b>BONE HEALTH, ENERGY AND MUSCLES</b>				
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.	✓	✓	✓	✓
<b>CHOLESTEROL LEVELS</b>				
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.	✓	✓	✓	✓
<b>DIABETES RISK</b>				
This test measures glucose levels in the blood. High glucose levels can be indicative of type 2 diabetes or pre-diabetes (meaning a high risk of developing type 2 diabetes).	✓	✓	✓	✓
<b>ESSENTIAL PROTEINS AND IRON</b>				
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.	✓	✓	✓	✓
<b>GP HELPLINE</b>				
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.	✓	✓	✓	✓
<b>HEART DISEASE AND STROKE RISK ASSESSMENT</b>				
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.	✓	✓	✓	✓
<b>KIDNEY FUNCTION</b>				
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.	✓	✓	✓	✓
<b>LIVER FUNCTION</b>				
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.	✓	✓	✓	✓
<b>PERIPHERAL ARTERIAL DISEASE (PAD)</b>				
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.	✓	✓	✓	✓
<b>URIC ACID</b>				
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.	✓	✓	✓	✓

	ESSENTIAL £99	EMPOWER £139	ENHANCED £189	ELITE £289
<b>HEART RHYTHM</b>				
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).	-	✓	✓	✓
<b>MENTAL WELLBEING</b>				
This test uses confidential questionnaires to help assess four aspects of psychological wellbeing associated with stress: anxiety, depression/mood, resilience, and engagement.	-	✓	✓	✓
<b>MENTAL WELLBEING CONSULTATION</b>				
Arrange a private 30-minute telephone consultation with an experienced Emotional Wellbeing Adviser who can give advice and support on emotional/mental wellbeing concerns.	-	✓	✓	✓
<b>MUSCULOSKELETAL HEALTH</b>				
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.	-	✓	✓	✓
<b>MSK WELLBEING CONSULTATION</b>				
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.	-	✓	✓	✓
<b>BLOOD HEALTH PROFILE</b>				
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.	-	-	✓	✓
<b>LIVER FIBROSIS</b>				
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.	-	-	✓	✓
<b>PROSTATE CANCER RISK</b>				
This test measures the Prostate Specific Antigen (PSA) levels in the blood. Raised PSA levels are linked to an increased risk of prostate cancer. Suitable for males over 40 only.	-	-	✓	✓
<b>STOMACH CANCER RISK</b>				
This test looks for Helicobacter Pylori in the blood. This bacterial infection of the stomach lining may increase the risk of stomach cancer. Suitable for men under 40 and women of all ages.	-	-	✓	✓
<b>ADVANCED DIABETES</b>				
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.	-	-	-	✓
<b>PRIVATE GP CONSULTATION</b>				
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.	-	-	-	✓
<b>THYROID FUNCTION</b>				
This blood test measures levels of thyroid stimulating hormone (TSH) and thyroxine (FT4). Imbalances in these hormones can be due to an over or underactive thyroid.	-	-	-	✓
<b>URINE ANALYSIS</b>				
This test can detect many conditions including kidney disease and urinary tract infections. The test uses a self-collection kit with instructions on how to collect a urine sample at home.	-	-	-	✓



## EARLY CANCER ADD-ON

### Help gain peace of mind by identifying cancer risks

Spotting the signs of cancers early can be vitally important. In many instances, beginning treatment for cancer early can make all the difference. Our Enhanced and Elite packages, which include tests for prostate (PSA) for males or stomach cancer for females, can be upgraded to assess further cancer risks of the bowel and stomach for males and bowel and cervix for females.

### 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. That's why all results will be explained fully in your results report, and we include a private 15-minute consultation with a registered GP after all laboratory results have been analysed. The GP review can be used to discuss any worrying symptoms and if appropriate, a discussion can also take place in relation to any cancers that might run in the family.

### WHAT'S INCLUDED?

#### Male



#### Stomach cancer risk

This test looks for Helicobacter Pylori in the blood. This bacterial infection of the stomach lining may lead to ulcers in the stomach, increasing the risk of stomach cancer.

#### Female



#### Cervical Cancer Risk

This test checks for HPV strains which increase cervical cancer risk. The test uses a self-collection vaginal swab kit with instructions on how to collect a sample at home.



#### Bowel cancer risk (qFIT)

This test helps detect traces of human blood in stool. The test uses a self-collection kit with full instructions on how to collect a small stool sample at home.



#### Private 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 video-chat.

### HOW MUCH IS THE EARLY CANCER ADD-ON?

Upgrade your Enhanced or Elite health check for just: **£89 (male) or £99 (female)**





## TAILOR MADE HEALTH CHECK

### Designed for those who want a health check to their precise needs

Building on a primary package of tests, extra health checks are added based on answers to a confidential questionnaire. The questionnaire uses age, sex, lifestyle, personal and family medical history to assign **up to 15 extra tailored readings**. For example, a prostate cancer risk test may be particularly relevant for someone with a family history of the disease, whereas a panel of vitamin tests may be more suitable for someone who follows a very restricted diet.

### PRIMARY PACKAGE OF TESTS

#### HEART DISEASE AND STROKE RISK

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.



#### 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.



#### 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.



#### 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.



#### 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.



#### DIABETES RISK

This test measures glucose levels in the blood. High glucose levels can be indicative of type 2 diabetes or pre-diabetes (meaning a high risk of developing type 2 diabetes).



#### ADVANCED DIABETES

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.



#### MUSCULOSKELETAL HEALTH

This test measures your risk for developing long-term back problems by calculating your Orebro Back Pain Score, designed to help guide you in manage back problems more effectively.



#### MSK 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.



#### 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.



#### HEART RHYTHM

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.



#### PRIVATE 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.



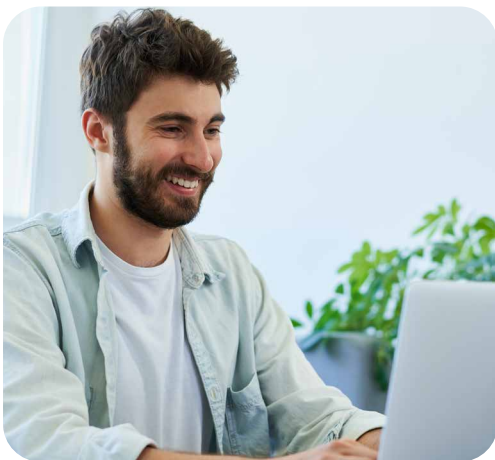
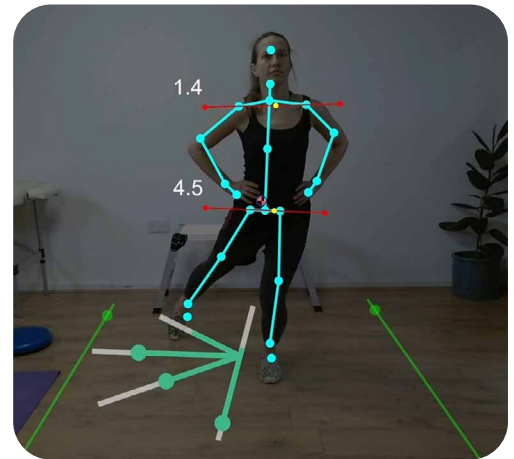
#### GP HELPLINE

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.



### Say goodbye to aches and pains

The Tailor Made health check includes a musculoskeletal (MSK) motor function health scan. The scan utilises the latest camera technology to track your performance on a series of physical tests such as balance, core and lower body strength, and range of motion of several key joints. In addition to this, you can also arrange a private 30-minute telephone consultation with an experienced MSK Wellbeing Adviser, who can provide lifestyle information, exercises, and advice for the effective management of aches and pains.



### Prioritise your mental wellbeing

As for physical health, mental health constitutes an essential part of our overall wellbeing. Poor mental health can in fact influence how we think and act as well as affect our bodies. The Tailor Made health check will help assess your levels of anxiety, depression, resilience, and engagement through a series of confidential clinical questionnaires. You will receive tailored advice, and a private consultation with an experienced Mental Wellbeing Adviser who will share coping strategies and practical advice to help support your mental wellbeing.

### Ongoing support throughout the year

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, whether you have a specific query about one of your test results or you just need some general health advice. Plus, you can arrange a private 15-minute consultation with a registered GP after all laboratory results have been analysed. Your doctor will have a copy of your results to review and offer your bespoke guidance regarding any next steps or just to offer reassurance.



## HOW MUCH IS THE TAILOR MADE HEALTH CHECK?

Includes the primary package of tests and at least 15 additional readings for: **£399**



## WHAT DO OUR CUSTOMERS THINK?

“I received my results, which was around two weeks later, and they were very informative and clear. The free GP helpline I have used once or twice already and I have to say what a great service, quick call backs and also very helpful. Thank you Bluecrest for a great experience.”

Kirsty Collins | Motor Marketing



## FAQS

### Are health checks confidential?

Yes. Your employees' results are confidential and will only be provided to them.

### Where can employees get their health check?

With services across 10,000 convenient clinics every year, your employees will find a high-quality service generally no more than 10 minutes from their home or place of work. We ensure that all customers are always seen in private consulting rooms.

### How do employees make an appointment?

Your employees will receive a welcome email with a link to book their appointment online via My Wellness.

### How do employees prepare for their health check?

Your employees don't need to fast before their appointment. They can continue to eat and drink as they normally would, and continue to take any prescribed medications, but should avoid vitamins and supplements as these can affect some results. We recommend that they drink plenty of water as this helps maintain blood circulation which makes it easier for our Health Assessment Specialist to take a blood sample.

Your employees should wear loose and non-restrictive clothing i.e. no tights or stockings. This allows the Health Assessment Specialist easy access to their arms and lower legs. Full preparation instructions will be provided in writing when they book their appointment.

### **What happens on the day?**

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

### **How long does it take?**

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

### **When will employees receive their results?**

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

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

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

### **Will employees be able to discuss results with a GP?**

All our health checks come with access to a free 24/7 GP helpline which your employees can use for a full year after their appointment for general health advice. Please note, the GP will not have access to their results.

Their results report also includes a handy one-page results summary which they can share with their own GP should they wish. Some of our premium packages also include a Private GP Consultation which takes place via phone or webcam once they've received their results report so the GP can go through their results in detail.

### **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. Employees should speak to their GP if they have specific health concerns.

If any of your employees require special assistance, please get in touch and we can ensure the tests and venue are suitable for their needs.



## FOR MORE DETAILS

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 **www.bluecrestwellness.com**



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