



Bluecrest

WELLNESS MADE EASY

HEALTH ASSESSMENTS FOR YOUR BUSINESS



Information pack





I would say to any other businesses that this isn't something that is just nice to have – it's something that can make a real difference to your organisation... you get great customer service, incredibly professional clinical care, detailed personal reports – and strategic data you can use to build and benchmark your health and wellbeing strategy.
– HR Co-ordinator
at a large business

ABOUT BLUECREST

Welcome to the start of better health and wellbeing.



At Bluecrest Wellness we're empowering businesses and the people that work for them through health insight and information.

We believe prevention is better than cure, and we help businesses understand the health issues impacting their workforce. In turn, we empower employees by helping them understand more about their own health so they can stay well and live well.

Why choose Bluecrest?

- **Convenience** – We deliver affordable health assessments on site at your business, through our network of more than 10,000 clinics across the UK or at home making it easy for your employees to take control of their health.
- **Value** – Our health assessments are a flexible, low-cost and inclusive way to extend real and relevant health benefits to the whole of your workforce. Our packages start at £109 per person or £43 for our home test kits.
- **Specialists** – We help tens of thousands of people find out more about their health and health risks each year. We are clinically led and we keep costs low through our flexible delivery model.
- **Partnership** – Our focus is on supporting businesses like yours with account management and health information so we can help to re-shape your benefits towards preventive health and create a healthy culture with a real return on investment.



Bluecrest

WELLNESS MADE EASY

www.bluecrestwellness.com

HOW BLUECREST ARE DIFFERENT

Convenience

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Bluecrest's health and wellbeing offering is designed to fit seamlessly into your health and wellbeing strategy, providing a convenient service to your employees throughout every step of the process.

1. Over 10,000 convenient clinics at 400 locations
We use a network of regular clinic venues, but can also deliver our health checks on your own site as well as having a range of tests that can be done from home with the help of a virtual coach.

2. Our services just a few minutes away
Our local clinic network means that we are typically just 10-15 minutes from your employees' home or work. We use warm, welcoming, easily accessible hotels and conference centre locations for our health assessments. Alternatively, we can set up clinics at any of your sites and premises across the UK.

3. We're mindful that your time is precious
We respect your employees' time, which is why our appointments generally take no longer than 35 minutes, making sure there is not a big impact on your business.

4. No compromise on clinical accuracy or support
Using the latest medical technology to conduct our health checks and high quality laboratories to do the pathology we never compromise quality. After your health check, we can provide the results, analysis and support that your employees need to understand their health risks.

5.

All our tests are non-invasive

All tests that we conduct are non-invasive throughout the appointment, which can help certain employees overcome the psychological barriers to participation. Where necessary, we also use modern home sampling kits to collect more intimate cancer risk samples.

6.

Easy & Flexible account set-up

We take all the hassle out of the booking process making it simple and easy, which reduces the demands on your business or HR team. Your dedicated account manager will keep your account running smoothly and we can support any business large or small, whether you want to pay as a company benefit employee-paid or any combination of the two.

Your family and friends are also welcome to book appointments and benefit from the same value as your employees. Our team will also support you with co-branded material, webinar presentations, healthy living comms, and on-site event attendance at no additional charge.



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

HOW BLUECREST ARE DIFFERENT

Value



Flexible options to save you money

Our range of affordable in-clinic, on site and at home packages mean you can offer a tailored whole of workforce health and wellbeing solution so more employees can start to live well and stay well. This includes Home Test Kits starting at only £43 that help employees understand their key health markers as well as addressing any mental health wellbeing concerns, all from the comfort of home. We also offer Health Awareness Days, on site at your business premises. An affordable and effective way to get immediate health information to employees, helping them to proactively manage their health and wellbeing. All of these options can be used stand-alone or as a combination of support, allowing you to reach as many employees as possible.

A range of packages from just £109

Our standard range of health assessments includes our entry-level Business Health Plus package at £109, through to our most comprehensive Business Health Executive package at £329. We can create a combination of packages that perfectly suit your employees' needs with your guidance, or your employees can tailor their health check by including additional tests at their cost when they book or in our clinics, benefiting from our fantastic rates for business.

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 the location was easy to reach as the clinic was close by.

– Sharron Bown, *My Benefits World*



HOW BLUECREST ARE DIFFERENT

Partnership



As a Bluecrest client, you will receive dedicated support from day one to launch preventive and practical health assessments to your employees, from contracting, invoicing, awareness and promotion to ongoing healthy living news, our friendly team will be on hand to make it as easy as possible. We offer dedicated marketing support, bespoke marketing material, as well as hosting roadshows and webinars for your employees to attend. Monthly meetings and reports are provided as standard to understand the level of uptake amongst your employees as well as recommendations to increase it.

Your account management team will also ensure your employees are supported throughout the whole process, from booking reminders to receiving their results.

For larger businesses, you'll also have access to a Management Information (MI) report as part of your assessment programme:

- ★ Understand business risks across the whole population*
- ★ Prioritise investment in health and wellbeing services and support
- ★ Focus employee engagement efforts based on insight
- ★ Identify priority services, pathways and how to increase engagement
- ★ Demonstrate return on investment through improvements over time



**All employee data presented in the MI report is anonymised*

Popular packages for your employees.



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!

	£109 BUSINESS HEALTH PLUS	£164 BUSINESS HEALTH EXTRA	£219 BUSINESS HEALTH COMPREHENSIVE	£329 BUSINESS HEALTH EXECUTIVE
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.

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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.

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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.

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

HEALTH CHECKS

Early Cancer Add-on – £186 + your package

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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 checks for a range of conditions, including potential 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, 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 are only available for employees over the age of 40.** We also include a private consultation with a GP for additional peace of mind.

	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.	
		
		
		



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– Bethany Snape,
Havas Lynx Group

FAQs

Frequently Asked Questions.



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 10,000 convenient clinics in 400 locations every year, your employees will find a high-quality assessment available close to 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 our 'My Wellness' hub, which will also contain all their online results and reports.

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.

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?

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.

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 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 be able 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.

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.

FAQs

Will employees be able to discuss results with a GP?

If your employee wants to ask questions about their 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 they've received their results report, enabling your employees to discuss their results in detail with a GP. Their results report also includes a handy one-page results summary which they can share with their own GP should they 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

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🌐 **www.bluecrestwellness.com**



Bluecrest

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