



Business  
Health Assessments

Health intelligence.



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The importance of health prevention



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“I would say to any other businesses that health assessments aren’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 reports and strategic data you can use to build and benchmark your health and wellbeing strategy.”

HR Manager



# We exist to give everyone confidence in their health.

Health Intelligence is our lifeblood – it flows through everything we do. Bluecrest’s Health Intelligence empowers your workforce to perform at their best, driving long-term business success, while reducing the risks associated with poor employee health and absenteeism.

For over a decade Bluecrest has completed nearly a million multi-award winning health assessments, supporting people to make the right decisions about their health now so they can live healthier for longer.

At Bluecrest we are exclusively dedicated to providing meaningful health intelligence through clinically led, high-quality health assessments. Our focused approach ensures that our resources, expertise and innovations are exclusively invested in delivering the best possible health assessment experience and intelligence.

By partnering with Bluecrest all businesses benefit from a service that provides unparalleled health data and insights, empowering your employees with actionable health intelligence so they can feel their best each and every day. Businesses benefit from having the data they need to make the right decisions about their health and wellness strategies.

# The importance of health prevention.

Our research tells us that 80% of employees would take a health assessment if either funded or part-funded by their employer.

“

“People are worried about the NHS and its capacity to look after them and their family. They also want to preserve it. I believe that can only be achieved by taking responsibility for it - by taking more responsibility for our own health. Because the vast number of later-life diseases can be prevented, delayed or better managed if we take steps to do so.”

**Dr Martin Thornton**  
Bluecrest’s Chief Medical Officer



77%

More than three quarters of working people have worked when they’ve not been feeling well.

65%

Nearly two thirds of working people are worried they won’t get support to prevent chronic disease, or to catch it early enough.

40%

NHS costs spent on treating people with preventable diseases.

£138bn

Is said to be the cost of sickness absence to UK businesses.

Bluecrest White Paper 2023  
Prevention: The New Frontier for Wellbeing

Bluecrest Business Health

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# Why health assessments?



## 1. Prevention of health issues – proactively identify health risks before they become problems

Health assessments play a vital role in early detection and identification of health risks before they become more serious. By providing your workforce with regular health assessments you can equip employees with the health intelligence they need to detect conditions early and take the necessary steps to improve health outcomes.

## 2. Promote employee wellbeing – show your employees you care

Offering in-depth health assessments as part of your employee benefits programme sends a clear and powerful message to your workforce – we care about your wellbeing. By investing in your employee's health, you foster a workplace where everyone feels valued, supported and empowered to take charge of their health. This commitment to wellbeing enhances employee morale, boosts satisfaction and improves overall loyalty and retention.

## 3. Boost employee productivity and performance – healthier employees are happier employees

Healthy employees are more focused, energetic and productive. By integrating health assessments into your benefits package, you empower your workforce to take preventative actionable steps to live healthier. Addressing poor employee health can significantly reduce absenteeism, enhancing overall business performance.

## 4. Prevention reduces business costs

Investing in proactive health assessments can lead to meaningful behavioural changes among employees. By identifying and addressing potential health risks early, these assessments help improve overall wellbeing and reduce the likelihood of serious medical issues. Over time, this preventative approach can result in fewer claims being made on private medical insurance policies—ultimately lowering healthcare-related costs for the business. In addition to financial savings, fostering a culture of health and prevention can enhance productivity, morale, and employee retention.

We have the largest health assessment network in the UK.



“

A very comfortable experience with a helpful specialist. The appointment took no time at all so I 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.

My Benefits World

We make it easier than ever before for your entire workforce to have a health assessment.



**Being able to easily access a health assessment encourages employee participation, supporting your workforce wellbeing goals, whilst reducing the time they are away from work.**



**On-site clinic options**

For businesses offering health assessments to ten or more employees, we can offer on-site options. Many of our clients find this is a really valuable way in increasing employee participation and engagement.



**Over 14,000 convenient clinics across the UK**

Our extensive network of in-person clinics are conveniently located within 20 minutes of any location – your employees can even attend a health assessment in their lunch hour. This coverage means that your whole workforce, no matter where they are located can benefit from our health intelligence. Clinics are open seven days a week, with extended opening times – before and after work.



**Flexible and straightforward**

We take the hassle out of the booking process making it simple and easy, which reduces the demands on your business and HR team. We can support any business, large or small and your dedicated account manager will provide all the guidance, advice and help you need, whether you wish to provide health assessments as a company benefit, promote an employee-paid scheme, or a combination of the two.



# We provide our expert and comprehensive service at an affordable price.

Making health assessments accessible to more businesses looking to offer wellness benefits, without straining their budgets. This investment in your team means you will not only contribute to improved employee wellness, but you will increase engagement, workforce retention and overall productivity.



### Packages from just £117 per employee

Our standard range of health assessments includes our entry-level Business Health Plus at £117, through to our Business Health Executive package at £354. Our packages all include access to a 24/7 GP, My Wellness App and mental health support for a year.



### Tailored packages to suit employees needs

Your employees can tailor their health assessments by including a range of additional tests at their own cost when they book or in-clinic, benefiting from our value-driven rates for business.



### MyWellness

Through My Wellness, employees can book an assessment at a time and location convenient to them. They can instantly view their assessment summary on the home screen. Detailed test results are displayed using a traffic light system and interactive sliders show how scores align with recommended ranges. Each result comes with clear explanations and personalised advice to guide next steps.



### MI Report

The client MI report and Chief Medical Officer's Summary report outlines the key findings from the Bluecrest health assessment, offering a clear and concise summary of the results. It highlights critical health indicators observed across the workforce, discusses their broader impact on employee wellbeing and organisational performance, and identifies potential risks associated with untreated or prevalent health trends. In response, the report also recommends targeted interventions and strategic wellness initiatives to promote healthier lifestyles, reduce absenteeism, and enhance overall productivity and engagement.

## Business Health Packages

Business Health

Plus

£117

- 47 health readings
- Mental Health assessment
- 24/7 GP helpline

Business Health

Extra

£176

- 62 health readings
- Mental Health and MSK assessment
- 24/7 GP helpline

Business Health

Comprehensive

£235

- 76 health readings
- Mental Health and MSK assessment
- Health and Wellbeing support sessions
- 24/7 GP helpline

Business Health

Executive

£354

- 88 health readings
- Mental Health and MSK assessment
- Health and Wellbeing support sessions
- Fitness assessment
- 24/7 GP helpline and private GP consultation



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 get a report so I can discuss with my doctor if I need to. A health assessment is now something I will do on a yearly basis.

Bethany - Employee



Core Personalised Tests



**Add-On**

Early Cancer Add-On

**£199**

- Stomach Cancer Risk
- Bowel Cancer Risk
- Cervical Cancer Risk
- Prostate Cancer Risk
- Urine Analysis
- GP consultation

**Add-On**

Advanced Menopause Profile

**£150**

- 5 key hormones tested
- GP consultation included
- This test must be carried out before 11am

**Add-On**

Mammography

**£250**

Breast screening through mammograms is a vital method for women aged 40 and above, without a genetic predisposition to breast cancer, to detect potential issues early.

**Add-On**

Advanced Male Hormone Profile

**£150**

- 9 key biomarkers tested
- GP consultation included
- This test must be carried out before 11am

Home Test Kits and Health Awareness Days

Look after your employees’ mental and physical health wherever they’re based.

Our convenient home test kits have been designed to help your employees understand their key health markers, while also addressing any mental health concerns they may have, all from the comfort of their own home. All our home test kits come with a complimentary webcam coaching session with one of our fully trained Health Coaches, to help guide your employees through the sample collection process.



**Business Employees**

Entry Home Test Kit

**£43**

Our Entry Home Test Kit includes a full cholesterol level breakdown, a MSK assessment, emotional wellbeing support, and more.

**Business Employees**

Base Home Test Kit

**£65**

Our Base Home Test Kit includes 21 key blood readings, ranging from essential proteins and iron stores, to liver and kidney function.

**Business Employees**

Extra Home Test Kit

**£98**

Our Extra Home Test Kit includes a full blood count to assess blood health and immune system.

**Business Employees**

Total Home Test Kit

**£131**

Our Total Home Test Kit is our most comprehensive package which assesses Vitamin D and thyroid function. Emotional wellbeing and a MSK assessment is also included.

**Business Employees**

On-Site Health Assessment Days

**£887**

Show your team you care – without breaking the budget. For just £887, one of our Health Assessment Specialists will visit your premises to deliver on-site mini health checks. These events offer a cost-effective, convenient way to support employee wellbeing. Each team member receives their results on the day, along with practical guidance to help them take charge of their health.

# Setting the standards in clinical excellence.

We give you peace of mind that your employees are receiving reliable, clinically tested and thorough insights, that can ultimately improve health outcomes, ensure people can live healthier for longer, and potentially save lives.



We strive to provide the highest clinical standards and customer experience and we're proud that our efforts have been recognised. We have achieved ISO 9001 & 27001 certification, meaning our business standards are monitored and recognised worldwide.



**Clinical excellence is at the heart of all we do and ensures all our health assessments are conducted to the highest standards of quality and safety.**

**In-house clinical expertise**

Our clinical strategy is driven by our Chief Medical Officer, Dr Martin Thornton who is dedicated to improving health outcomes through patient-centred prevention.

**Clinical advisors guide innovation**

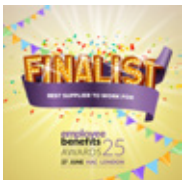
Uniquely, we have a Clinical Advisory Board, made up of GPs and specialist consultants who shape our approach to achieving clinical excellence.

**A regulated and accredited service**

We are registered with the Care Quality Commission (CQC) in England and are proud to be rated a 'Good' service. Our test results are processed by a market-leading accredited laboratory that consistently delivers above industry-standard accuracy, meaning fewer reassessments or repeat samples are required.

**Aftercare services**

Following the assessment, your employees are supported with access to a year round 24/7 GP Helpline for general medical queries, plus the option to book private GP consultations where their results can be discussed directly. They can also arrange tailored 30-minute phone consultations with musculoskeletal or emotional wellbeing advisers for targeted advice. To round out the support, two health and wellbeing sessions are included, offering expert guidance on lifestyle changes in areas like nutrition, fitness and overall wellness to help tracking progressing and improving long term health.



# Established expertise and trusted results.

You can be reassured that your employees are in trusted hands, enhancing employee satisfaction in your benefits programme, strengthening loyalty to you.



**Bluecrest is an established and trusted provider to over 700 businesses across the UK, ranging from small start-ups to large corporate organisations.**

**Highly rated and recommended**

For over a decade, Bluecrest has been ensuring people can live healthier for longer completing over 2,000 health assessments every week. Our clinical and service excellence has earned us high trust scores and seen us win multiple industry awards.

**Giving your business confidence**

Our established reputation as a leading health assessment provider, means your business can feel confident in the quality and reliability of the service we provide.



Case Study: Specsavers

# Specsavers have a really clear vision for health and wellbeing –

And Bluecrest now form a key part of that strategy in the UK, ROI and Guernsey, helping colleagues look after their health proactively.

Every year, Specsavers' colleagues can choose what reward options they want to sign up to for the year ahead, and sacrifice salary to select things like critical illness cover, life insurance, travel insurance and extra holiday days. Bluecrest Wellness is now added to that list of benefits, and complements the organisation's existing medical insurance and Headspace subscription – both available to all colleagues.



“Our aim is to make Specsavers the very best place there is to work - and that makes taking care of our people a top priority. Health and wellbeing are key areas of focus for us, and Bluecrest Wellness rounds off a whole package of benefits aimed at supporting colleagues' physical, mental and emotional needs.”

**Health MOTs**  
“Our medical insurance means our colleagues are covered if something goes wrong – but we don't want people to have to wait to get ill. What appealed to us about Bluecrest Wellness was the opportunity for people to spot problems and deal with them before getting to that point. Who wouldn't want to know what's going on inside their body - and get what's essentially a health MOT?”

I think after Covid and everything we've been through in the last few years; people do want to get themselves checked out and look after themselves a bit more. We had Bluecrest Wellness health checks before the pandemic, but they've proved even more popular this time around. Colleagues now have three options. Everyone has access to a free health assessment that Specsavers pays for, but they can then top up and pay more through our benefits shop to upgrade to two further levels with more detailed tests. They can also opt to buy a health assessment for their partner or spouse, too. We also liked the fact they could choose to upgrade at any point – right up to the day of their test.”

**Tests take off**  
700 plus staff have already taken Specsavers up on the offer of the basic Bluecrest Wellness check.

“We spend a lot of time and energy making sure people understand the benefits available to them – and we've also invested a lot in making the health checks themselves accessible. In the UK and ROI, our colleagues can be office based, completely remote, or somewhere in between, so it made sense for them to be able to book their own appointments at Bluecrest Wellness clinics – which are all over the UK and ROI.

In Guernsey, though, we had to be a bit more creative! There's no Bluecrest Wellness clinic here in Guernsey, so we've set aside a room on-site where Guernsey colleagues can go for their assessments – so it's really easy to fit them into a working day. And Bluecrest travel over with their equipment and take the samples and data back for testing.”



# Tailored and flexible health assessments.

Bluecrest offers a tailored and flexible approach to health assessments, designed to align with the unique needs of your workforce. With a diverse range of tests, available in over 14,000 clinics nationwide we ensure tailored health assessments are accessible and affordable for the whole of the workforce.

Working in partnership with you we ensure our health assessments are meaningful to your employees driving higher engagement. By meeting employees where they are on their health journey, Bluecrest supports a healthier more productive workforce, who feel valued and supported by you.

Over  
14,000  
clinics  
nationwide

## How we support you to increase engagement



**Tailored marketing support**



**Attendance at your health and wellbeing fairs**



**Employee webinars**



**Health and wellbeing content / news**



**Monthly progress reports and quarterly meetings**



### Exceptional employee experience

At Bluecrest we prioritise employee experience and engagement. Collaborating with you we ensure your employees have all the information they need to make proactive and positive decisions about their health. With conveniently located clinics, on-site clinic options, and a seamless booking process, we minimise the effort needed to access our health intelligence. Our employee-first experience means it is easy for your workforce to participate without disrupting their work routines. With clinics no more than 20 minutes from any location and extended opening hours, we deliver a straightforward and accessible experience.

### Responsive and supportive

Bluecrest offers its clients a responsive and supportive service throughout the procurement process, no matter what the size of business. From initial scoping, to on boarding and exceptional account management, we collaborate with you to ensure a seamless journey, supporting you to drive workforce engagement. We appreciate that there are many internal stakeholders involved in implementing employee benefits, and we tailor our approach, so everyone's needs are met.

### Confidentiality and compliance

We know that some employees feel apprehensive that their business may be able to view their health data. At Bluecrest we are committed to ensuring secure, compliant and confidential handling of all employee data. With rigorous adherence to privacy standards and data regulations, we can evidence the safeguarding and anonymity of all employee data. Knowing that employee health data is treated with the highest levels of security and confidentiality provides peace of mind for employees and employers, fostering a culture of trust.

# Bluecrest tests help keep the Coal Authority healthy.

The Coal Authority works to make a better future for people and the environment in mining areas. As a 24/7 emergency response organisation, they respond to public safety and subsidence incidents caused by historical coal mining to keep people and their properties safe.

As part of the Coal Authority’s work to enhance the environment, they operate over 80 mine water treatment schemes helping to protect rivers and vital drinking water supplies. They also use their expertise to support government departments and agencies to treat other types of water pollution from historical metal mines. Bluecrest Wellness health assessments are part of a wide programme of wellness support that’s central to the organisation’s operations.

“Not one but two members of our staff got a red flag on their prostate test. Both had early stage prostate cancer that they wouldn’t have spotted without Bluecrest. One had already been back and forth to his GP and fobbed off, and his consultant told him that if he’d left it 6-12 months longer he probably wouldn’t be here. Both of them are now in remission.”

“Another member of staff found out she’d been misdiagnosed for ten years and actually had a completely different condition. For others, it’s been the kick start they needed to make changes.”



“Not only are we getting great data to help us plan our wellbeing interventions, but Bluecrest Wellness has actually saved lives. You really can’t ask for more than that.”



A health-fanatic colleague discovered through Bluecrest they were seriously dehydrated - they’ve fixed the issue and feel better than they have done in years! Meanwhile someone else wasn’t happy with their BMI and MSK results, and decided to take part in our latest inter-team step challenge. They’ve tripled their daily steps and feel stronger, fitter and more alert.

“All of that means we’re seeing the impact of Bluecrest Wellness health assessments in real time.”



# Frequently asked questions

Here are some of the questions we are asked most but if you have others please don't hesitate to get in touch.



**Q. How do employees prepare for their health check?**

A. 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.

**Q. Are these tests free on the NHS?**

A. 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 offer a comprehensive screening programme with a detailed, personalised results report, and is only offered to most people every five years.

**Q. What happens on the day?**

A. 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 conduct their health assessment.

**Q. How long does an assessment take?**

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

**Q. Does a health assessment require undressing?**

A. 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 the lower legs and arms.

**Q. What's included in the results report?**

A. 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.

**Q. Are there any restrictions for having a health check?**

A. 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.

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

A. If your employee wants to ask questions about their results, our team is on hand to help. Our Business Health Executive package, Early Cancer Add-On and Advanced Menopause Profile 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.

**Q. Why don't you carry out your health assessments in hospitals?**

A. Bluecrest uses the very latest mobile health check equipment at our network of clinics 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 specialists 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 private clinics and / or hospitals, we're able to pass our savings on to you by offering affordable health checks which are medically robust.

**Q. How can I be confident in quality?**

A. 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 also registered and regulated by the Care Quality Commission.

**Q. When will employees receive their results?**

A. Where results warrant urgent feedback, we provide dedicated, confidential, and proactive support. They'll be able to view their results report securely online via My Wellness. We aim to deliver reports within 8 days of a health assessment, with us often achieving an average turnaround of just over six days.



#### Contact us

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 **bluecrest**

Live healthier for longer with  
Bluecrest health intelligence.