



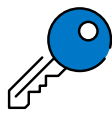
# Supporting line managers to talk about periods in the workplace.

The health and wellbeing of your workforce has never been so important. We've created the Academy to provide clinical insights and expertise to help organisations define and deliver their wellbeing strategies.

We're here to help you build a more resilient, happier and healthier workplace where everyone can thrive.



## The Academy provides:



**Exclusive access** to clinical insights on healthcare trends in society and in the workplace.



**Expert thinking** from leading Bupa clinical and healthcare experts with frontline experience.



**Practical tips and tools** on how to build actionable plans from health awareness campaigns to people policies.

## What you can expect from this bitesize module?

Stigma around period health continues to be a leading issue for women in the workplace, resulting in many employees feeling unsupported and organisations at risk of losing top talent.

**89%** of those who menstruate have experienced anxiety or stress in the workplace due to their period and **more than a third** lie about the real reason for their absence due to fear of embarrassment or judgement.

By understanding the challenges that periods can have on health and wellbeing, line managers can play a vital role in helping to normalise conversations around menstruation, create more awareness and break the stigma around period health.

In return, organisations can benefit from increased productivity, engagement and loyalty and improved talent retention.

This bitesize module is a pre-recorded video, hosted by a Bupa clinician who will share:

- Insight into menstruation issues and their impact on the workplace
- How best to approach a conversation on period health
- Tips on how best to support someone dealing with menstruation issues
- Practical tips on how to support period health in the workplace



Almost a **quarter** of women have taken time off work due to their period



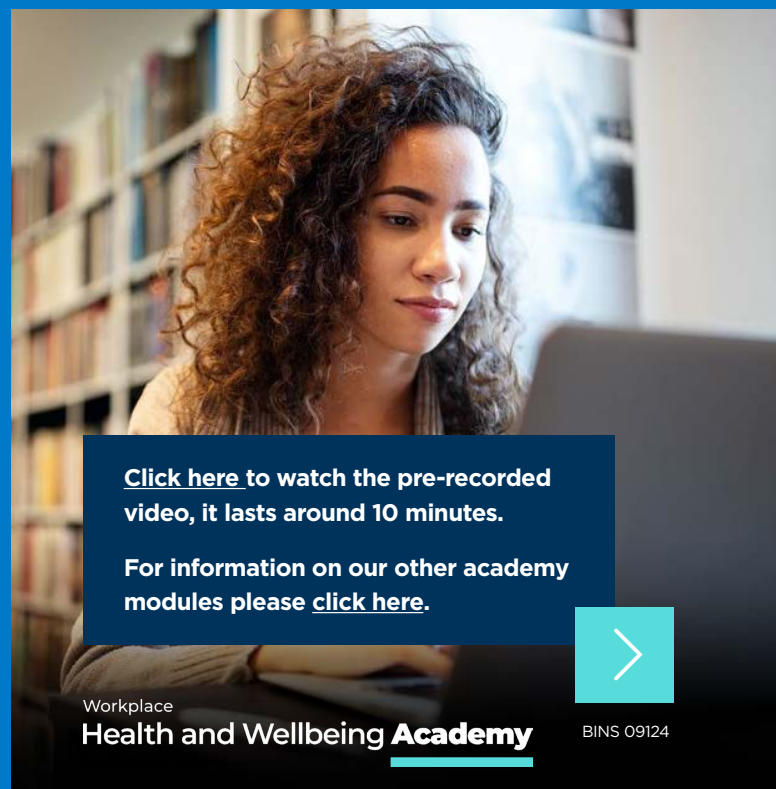
say they never feel supported



**25%** reported feeling that time they had to take off due to menstrual health issues has impacted their career progression



**63%** would like conversations normalised in the workplace



[Click here to watch the pre-recorded video, it lasts around 10 minutes.](#)

For information on our other academy modules please [click here.](#)



Workplace  
**Health and Wellbeing Academy**

BINS 09124