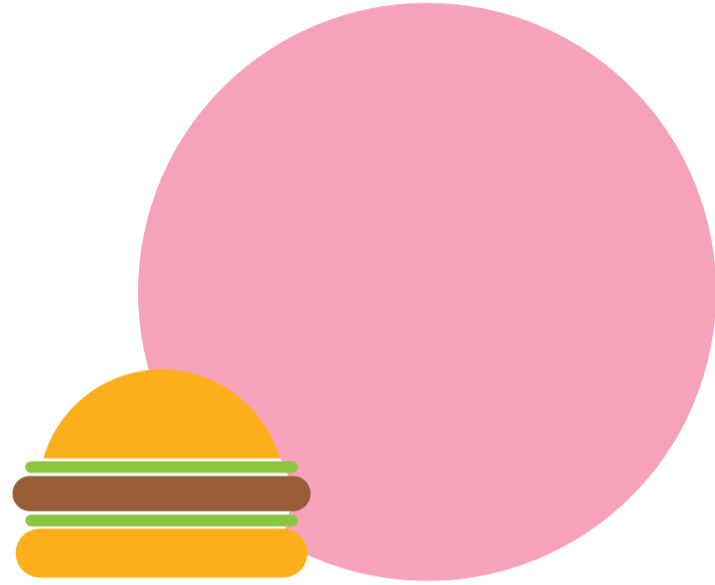
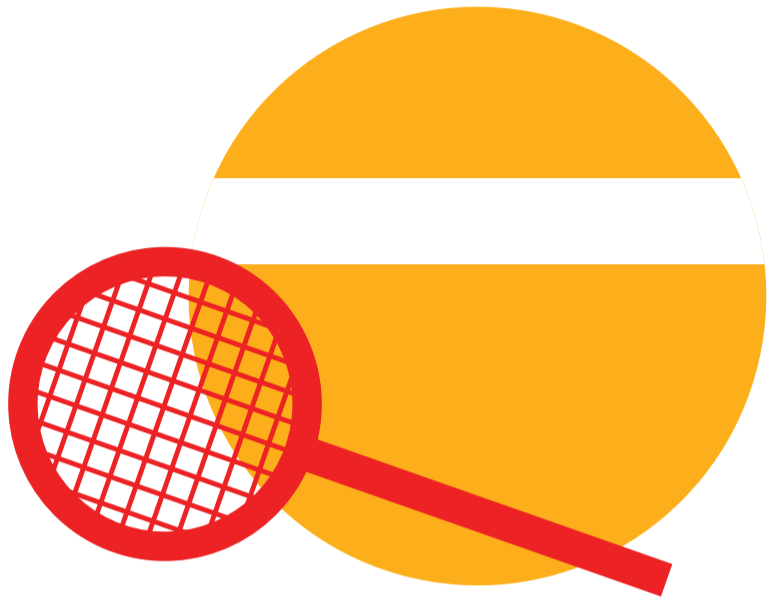


# BUPA Positive Health



Whether you're a fitness fanatic or a fast-foodie, BUPA Positive Health could give you the feel good factor

You can use this exciting online health and wellbeing programme at home or in your lunch hour to confidentially assess your health, see instant feedback and pick up tips to improve your lifestyle. Not all in one go, but in small, positive steps you can take in your stride.

## Your next steps

- 1 visit [www.bupapositivehealth.com](http://www.bupapositivehealth.com) now
- 2 enter your BUPA group number (speak to your scheme administrator if you do not have this information)
- 3 create your own user name and password, follow the instructions on screen... and off you go

Visit [www.bupapositivehealth.com](http://www.bupapositivehealth.com) today

Entry level BUPA Positive Health is a non-contractual benefit which is provided to eligible clients/members by BUPA Occupational Health Limited. Access, services and/or eligibility may be withdrawn or amended without prior notice. Any access to additional Positive Health services is subject to contract. BUPA private medical insurance is provided by BUPA Insurance Limited. Registered in England and Wales No.3956433\*. BUPA Insurance Services Limited. Registered in England and Wales No 3829851\*. \*Authorised and regulated by the Financial Services Authority. Registered Office: BUPA House, 15-19 Bloomsbury Way, London WC1A 2BA.

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