

BUPA Positive Health

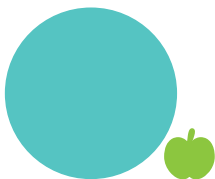


Giving you access to a new bunch of experts

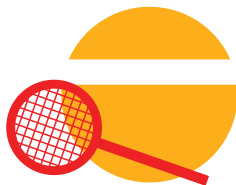
Find out how to lead a healthier lifestyle
at www.bupapositivehealth.com

Tap into better health online with BUPA Positive Health

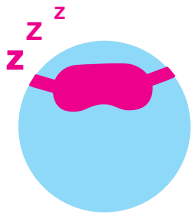
BUPA Positive Health is an online health and wellbeing programme, provided as part of your benefits package through your employer. It focuses on four key areas that are important to a healthy lifestyle...



Nutrition



Fitness



Sleep



Stress

You can take interactive health assessments in complete confidence, see instant feedback and access health tips written by experts from home or at work. You'll also find lots of ways to help improve the way you eat, exercise, sleep and cope with stress.

Whether you're a fitness fanatic or a fast-foodie, BUPA Positive Health can help ease you into better shape. Not all in one go though, but in small, positive steps you can take in your stride.

How healthy are you?

Why not put it to the test right now? You'll find easy to follow instructions to guide you through and see how healthy you are. Each assessment takes around ten minutes to complete. And you can go back to them anytime you like. There's also a body mass index calculator, a goal setter and a wealth of health articles for you to browse.

How to log-in:

1. Simply visit www.bupapositivehealth.com
2. Enter your BUPA group number. Please speak to your scheme administrator if you don't have this information
3. Create your own user name and password, follow the instructions on screen... and off you go

Make a note of your BUPA group number here:

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 Access, services and/or eligibility may be withdrawn or amended without prior notice.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.

