

BUPA Positive Health

Now your employees can tap into better health online

Everyone can benefit from BUPA Positive Health, from fast-foodies to fitness fanatics. It is free to all of your scheme members from renewal.¹ All your employees need to get going is internet and email access at home or at work and they could soon be feeling and performing better.



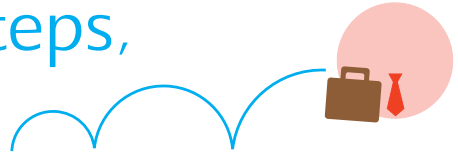
How it works - in four simple steps

- 1 Users register on the BUPA Positive Health website, creating their personal profile with a secure username and password
- 2 This provides access to a general health and wellbeing assessment, as well as assessments on nutrition, fitness, sleep and stress. Additional health measurement tools include body mass index checks
- 3 Individual responses drive personal reports, detailing positive areas and those to focus on improving - through step-by-step guides and access to a wealth of supporting information
- 4 Employees can re-take the assessments to re-assess their personal health status over time



BUPA Positive Health is secure and all users will be given a username and password. Whether logging-in at home or at work, employees don't need to worry about anyone being able to access their personal profiles. After 15 minutes unattended, the system automatically logs users out to protect their privacy.

Small, positive steps, big difference



BUPA Positive Health can introduce goals that are not only easily achievable, they could make a big difference to the way your employees feel and perform at work.

Why focus on these four key areas?

Nutrition, fitness, sleep and stress are four key areas of health and wellbeing that can impact on performance at work:



eating healthily can not only help reduce risk of cancer, prevent obesity and protect against heart disease, it can affect mood and energy levels



keeping active is a great way to get in shape and improve long-term health; it can also boost the immune system, improve mood and reduce the chance of depression



lack of sleep can have detrimental effects on health, making employees fatigued and less alert



not all stress is bad, but it affects virtually everyone at some time - if unchecked, stress can cause problems such as headaches, stomach upsets, mood changes, and psychological issues

BUPA Positive Health is provided as part of all new and renewed company health cover schemes at no extra cost.¹

For more information visit

www.bupa.co.uk/positivehealth

alternatively you can speak to your account manager or intermediary adviser

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 health cover 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.

¹September 2007 new business and renewals onwards. BUPA Positive Health is a non-contractual entitlement