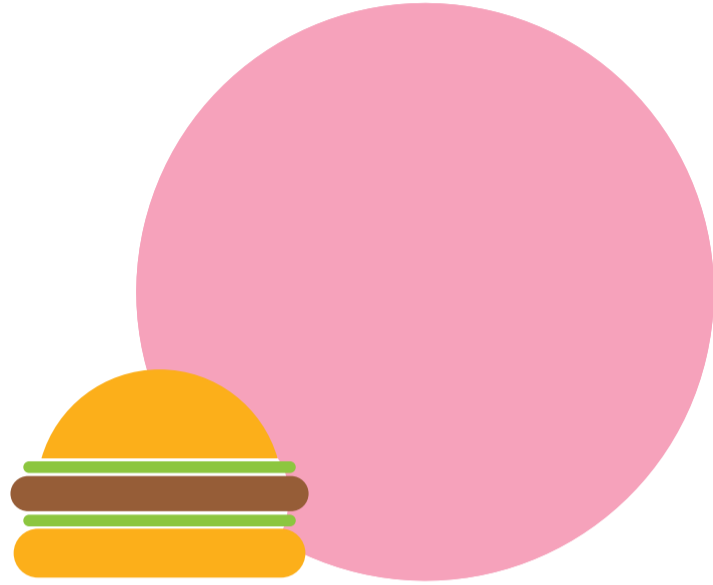
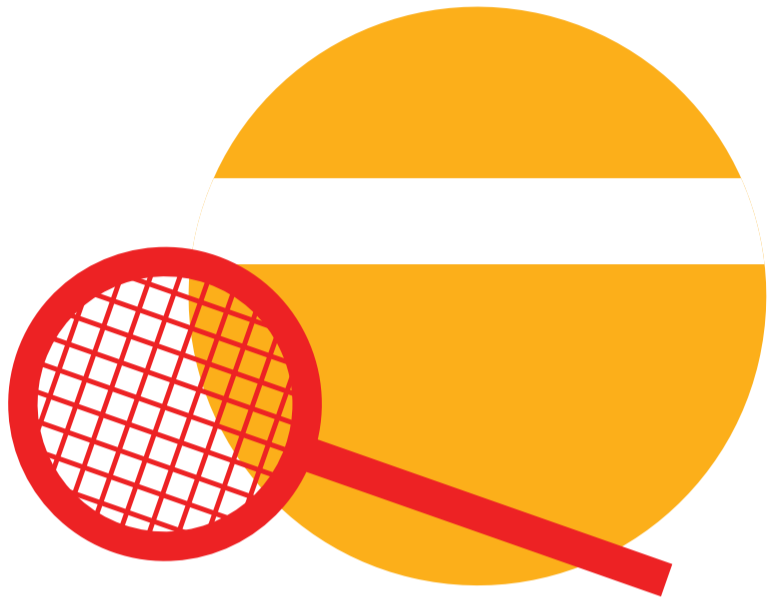


BUPA Positive Health



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 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 today

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