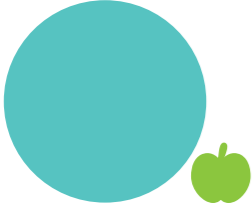
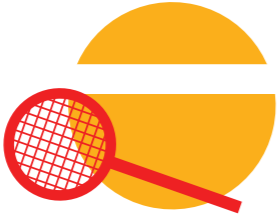
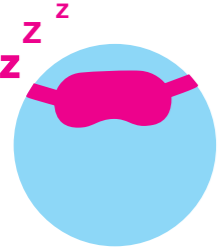



It focuses on four key areas that impact on employee performance

 <p><b>nutrition</b> A few small changes to his diet and Chris was full of beans</p>	 <p><b>fitness</b> Lucy had so much more get up and go from Monday to Friday</p>
 <p><b>sleep</b> By getting a better night's sleep Steve was less prone to drifting off in meetings</p>	 <p><b>stress</b> Rachel's team was relieved that she wasn't being quite so negative at work</p>

If your workforce isn't in good overall physical and mental shape, are you going to get the best out of them day-in, day-out? By focusing on four key areas of health and wellbeing, and offering practical, personal improvement tips online, BUPA Positive Health is something everyone can tap into. And something their family members will also thank you for.

## BUPA Positive Health Your next steps

You don't need to do a thing, we'll take care of it all for you. That includes providing you with information to pass on to your insured employees to help launch BUPA Positive Health and offer ongoing support over time.



In the meantime, for more information visit [www.bupa.co.uk/positivehealth](http://www.bupa.co.uk/positivehealth) alternatively you can speak to your account manager or intermediary adviser

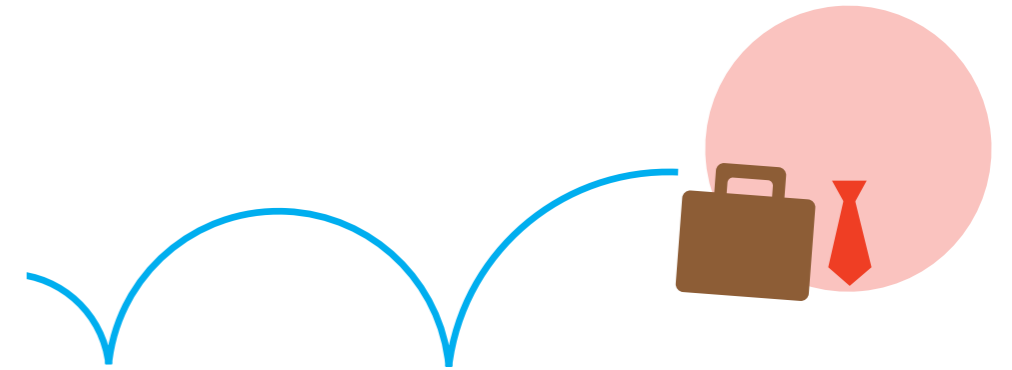
BUPA Positive Health is managed, written and updated by qualified health professionals and overseen by a chief medical officer.



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 No3956433\*. 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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## BUPA Positive Health



Helping your employees take small, positive steps to better health

More from BUPA at no extra cost



# Employees blooming, business booming ...and all thanks to BUPA Positive Health

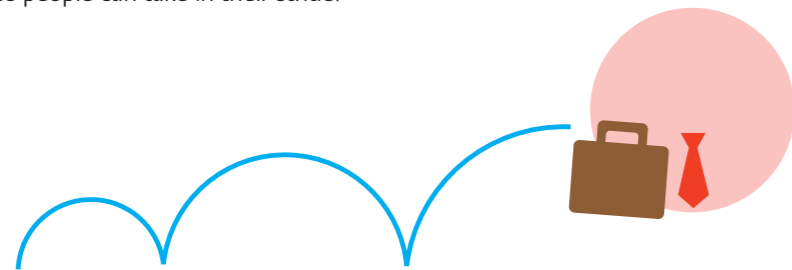


BUPA Positive Health is an interactive, proactive health and wellbeing programme for your employees to use online. They can tap into personal health assessments, see instant results and pick up health tips in complete confidence, at home or at work. Imagine what a healthier bunch of employees could do for the health of your business.

## Boosting your cover at no extra cost

Traditionally, BUPA health cover has focused on managing your employees when they are ill. With the addition of BUPA Positive Health to all new and renewed schemes,<sup>1</sup> you now have the potential to uplift productivity and performance thanks to a healthier, more motivated workforce. And it won't cost you a thing.

The overall aim is to encourage your employees to reassess their approach to nutrition, fitness, sleep and stress: four key areas that impact on work performance. Not all in one go though, in small positive steps people can take in their stride.

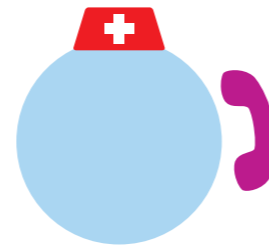


## So many positives for your employees

Making positive lifestyle improvements that can offer long-term benefits doesn't need to be daunting. BUPA Positive Health can gently ease your employees towards better health with confidential, 24 hour access to:

- six assessments, which can be taken at the user's leisure
- personal reports highlighting the areas which need most improvement
- instant 'next step' advice, tips and encouragement
- simple, positive step-by-step guides to better health
- the opportunity to track and monitor their individual progress over time
- body mass index checks, topical information and expert viewpoints
- general health and wellbeing articles

...all through a secure website ensuring confidentiality with a username and password



## It doesn't stop there

BUPA has the resources to fully support this proactive new service with its full health, care and protection portfolio. Such as providing your employees with access to BUPA HealthLine nurses, where they can discuss concerns and health issues in complete confidence.

## And even more for your business

All businesses have their own healthcare needs and the same goes for their employees. With BUPA Positive Health you can address them both.

You will receive reports on your industry sector and geographical region. This can highlight typical health risk patterns, such as stress or sleep problems, which your existing BUPA provision could support.

The more employees you encourage to sign-up and regularly use this motivational service, the better the potential impacts. Your business could benefit from:

- an increase in productivity
- a decrease in employees showing a high risk health status
- improved employee attendance
- stronger employee loyalty, through an enhanced employee benefits package
- reduction of costs associated with high employee turnover



For more information visit

[www.bupa.co.uk/positivehealth](http://www.bupa.co.uk/positivehealth)

alternatively you can speak to your account manager or intermediary adviser