

Grow the mo for Movember

Movember is a chance to raise awareness of the big issues surrounding men's health. Whatever mo you grow, or however else you get involved, you'll be helping to change the face of men's health and wellbeing.

At <company name>, we want to make sure our work environment supports your health. Whilst Movember champions men's health, everyone should feel they can have a conversation with their manager and colleagues about how they're feeling.

What's affecting men's health?

Mental health, prostate cancer and testicular cancer are some of the leading health issues affecting men.

It's important we take a proactive approach to our health and wellbeing. Whether it's spotting the early signs of testicular cancer or recognising when we need help with our mental health.

Break the silence

Checking in with each other could be the difference between somebody getting the right help at the right time and a preventable health concern going untreated.

Get proactive

Here's what Dr Naveen Puri, Medical Director for Bupa UK Insurance, has to share:

"Movember helps us to recognise the huge impact that the physical and psychological health of men has on them, their communities, and workplaces."

"It is important everyone plays a role to raise the awareness of men's health. In the workplace, this can be as simple as checking in with your colleagues if you notice they don't seem themselves."

"Educating men on how to spot the early symptoms of prostate disease, and possible testicular cancer by understanding how to do a simple testicular check on yourself, can be key to getting the support and treatment you need quicker."

"Our physical and psychological health and wellbeing are fundamental to everything we do. Through education and empowerment, we can help men get the right support they need."

Where to get support

Recognising when something isn't quite right at an early stage provides a much better chance of successfully treating it.

Bupa has a range of expert support that's fast, trustworthy and confidential. Speak with <relevant manager/HR representative> to see what's available to you.

If you need to talk

[Call Bupa's Mental Health Support Team](#). You don't need to be covered.

If you need help now

If you're struggling, you're not alone. Importantly, you won't be wasting anybody's time.

[Find a local NHS urgent mental health helpline in England](#).

Access [Bupa's Movember toolkit](#) for practical health and wellbeing advice. You can also visit the [Movember website](#) for more support or to get involved.