



Get easy access to your cover and benefits online

Introducing My Bupa

Helping your team keep track of their cover in a few clicks

My Bupa makes it simple for employees to manage their health cover. They'll have easy access to their claims history, cover documents and treatment information. Plus, their everyday wellbeing benefits are at their fingertips. It means they're getting the best out of their cover, which makes for a healthier, happier team.



Request treatment at any time

Use My Bupa to ask for help or to see a consultant. There's no need to phone and it isn't always necessary to see a GP first.*



Chat to a nurse 24 hours a day

If an employee is worried about their health, or about their child's, they can speak to one of our nurses anytime, night or day, 365 days a year.



Check claims history

Employees can now see up to seven years' of claims history.



See all cover details and documents

Employees can see what they're covered for, update personal details and make changes quickly.

Download My Bupa from the App Store or Google Play



A simple onboarding process for your team

- Register via Bupa's invite email or go online at bupa.co.uk/mybupa/dashboard
- Create an account using personal details as they appear on cover documents
- Go through multi-factor authentication
- Once in, cover and benefits can be found all in one place

Additional features

- ✓ Online account management
- ✓ Reach our team quickly through Live Chat
- ✓ Search 100's of health information articles
- ✓ Find a Bupa-recognised doctor or clinic
- ✓ 1,500+ digital gym classes and health programmes
- ✓ Digital GP consultations available 7 days a week†, if Digital GP services is included in your cover
- ✓ Access mental wellbeing programmes with SilverCloud
- ✓ Access Family Mental HealthLine

*Any onward referrals for consultations, tests or treatment are subject to the benefits and exclusions of your cover. Please check your cover guide and certificate for further details or contact us to check your eligibility.

†Access to digital GP from 6am to 10pm every weekday and 8am to 8pm on weekends.

My Bupa, Bupa health trusts, Anytime HealthLine and Family Mental Healthline are not regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

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Bupa Occupational Health Limited provides Online Mental Wellbeing Programmes by working together with SilverCloud Health Limited. SilverCloud Health Limited registered address: 1 Stephen Street Upper, Saint Peter's, Dublin 8, Ireland D08 DR9P. Bupa Occupational Health Limited will be the controller of your information for these purposes.

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