

# Get easy access to your cover and benefits online

## Introducing My Bupa



### Helping you keep track of your cover in a few clicks

My Bupa makes managing your health cover a breeze. Get easy access to your claims history, cover documents and treatment information. Plus, your everyday wellbeing benefits are at your fingertips.



#### 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 you're worried about your health, or about a sick child in the middle of the night, you can speak to our nurses anytime, 365 days a year.



#### Check claims history

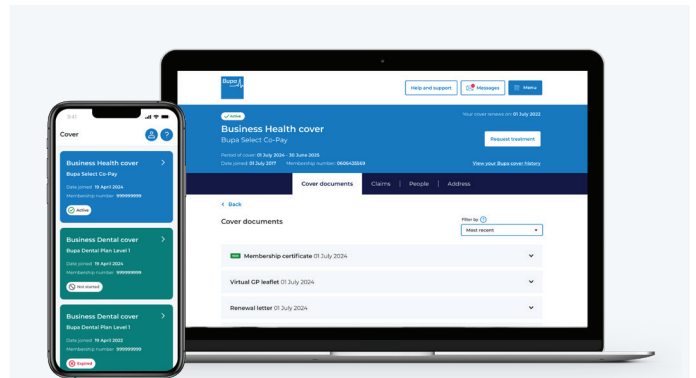
We've added claims history to My Bupa to give you easy access to up to seven years' of claims history.



#### See all cover details and documents

See what you're covered for, update your personal details and make changes quickly.

### Download My Bupa from the App Store or Google Play



### It's easy to get going

- Go online at [bupa.co.uk/mybupa/dashboard](https://bupa.co.uk/mybupa/dashboard)
- Register using your details as they appear on your cover document
- Go through multi-factor authentication, keeping you and your information safe
- Once in, find your cover and benefits 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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