

# Get easy access to your cover and benefits online

## Introducing Bupa Touch



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

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

Download Bupa Touch from the App Store or Google Play



### It's easy to get going

- Go online at [bupa.co.uk/touchdashboard](https://bupa.co.uk/touchdashboard)
- 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



#### Check claims history

We've added claims history to Bupa Touch to give you easy access to your past claims. You can see all your documents and claim details.



#### Request treatment at any time

Use Bupa Touch 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.



#### See all cover details and documents

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

### 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†
- ✓ Mental health support services
- ✓ Virtual physiotherapy sessions
- ✓ Access Family Mental HealthLine
- ✓ Access mental wellbeing programmes with SilverCloud

\*Any onward referrals for consultations, tests or treatment are subject to the benefits and exclusions of your cover. Please check your 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.

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

Bupa Touch is provided by Bupa Insurance Services Limited. Registered in England and Wales with registration number 382985. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa Occupational Health Limited provides Online Mental Wellbeing Programmes by working together with 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.

Bupa private GP services and Anytime HealthLine are provided by Bupa Occupational Health Limited. Registered in England and Wales with registration number 631336. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa health trusts are administered by Bupa Insurance Services Limited. Registered in England and Wales with registration number 382985. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa health insurance is provided by Bupa Insurance Limited. Registered in England and Wales with registration number 3956433. Bupa Insurance Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Arranged and administered by Bupa Insurance Services Limited, which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales with registration number 382985. Registered office: 1 Angel Court, London, EC2R 7HJ. © Bupa 2024