



# On demand: Bitesize Modules

Our bitesize academy videos provide an on-demand experience, designed to help line managers support their team’s health and wellbeing. Explore our videos to hear some of Bupa’s leading clinical experts provide tips, tools and resources on how best to support employees in the workplace. **For information on our other Academy modules please speak to your account manager.**

Is your team burnt out or busy?



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Disability inclusion in the workplace




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Supporting managers to talk about period health



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Supporting neurodiverse employees



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Supporting transgender individuals



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Supporting employees facing fertility concerns




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Supporting those who care for children with mental health issues



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Supporting employees through the menopause



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**Supporting employees experiencing endometriosis**

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**Supporting LGBTQIA+ employee mental health in the workplace**

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**Supporting men's health in the workplace**



**Supporting employees with long term conditions**

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**Supporting employees with heart health in the workplace**

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**Talking about suicide and support at work**

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**Supporting employees with diabetes in the workplace**

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**Supporting employees with work related stress**

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**Supporting employees through bereavement at work**

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**Supporting employees through baby loss**

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**Supporting employees with ADHD at work**

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**Supporting employees with dyslexia in the workplace**


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Supporting employees with autism in the workplace

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Supporting alcohol addiction in the workplace

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Supporting employees with gambling addiction

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Supporting musculoskeletal (MSK) health in the workplace

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NEW VIDEO



Supporting employees affected by cancer

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NEW VIDEO

