

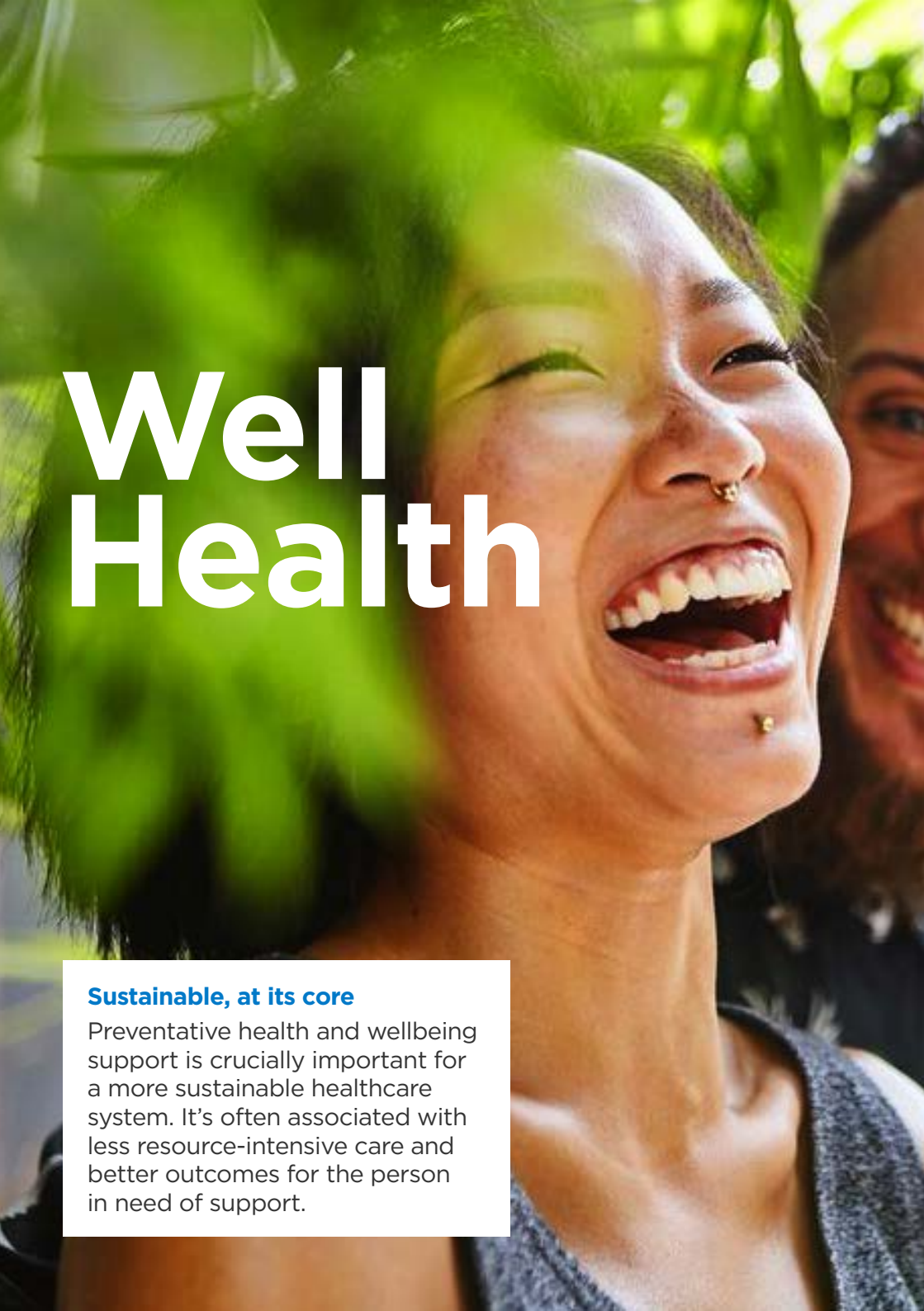


# Well Health

More from your health cover.  
More for your business

Better for business





# Well Health

## **Sustainable, at its core**

Preventative health and wellbeing support is crucially important for a more sustainable healthcare system. It's often associated with less resource-intensive care and better outcomes for the person in need of support.



# Better health. Happier people. Stronger business

When it comes to your team's health and wellbeing, it pays to be proactive, but it can be difficult to know where to begin.

Start with **Well Health**.

## What is Well Health?

Well Health empowers your employees to put their health first. With quick access to screening, diagnosis and aftercare for a range of wellbeing worries, it creates a much better chance of spotting a problem early, before it becomes a bigger concern.

## How it works

If you're a corporate group with fifty or more employees on cover, explore our range of face to face and remote services to help expand your cover.

You can pick and choose the support your employees need the most. Helping your people get back into work sooner and feel at their best for longer.

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# Targeted Cancer Screening

## Fast, convenient ways to screen for common cancers

We'll focus on spotting signs of some of the most common cancers and support employees with their next steps. Helping them to stay as healthy as can be. Where Targeted Cancer Screening is included as a benefit, your employees will be able to attend a Bupa Health Centre once each benefit year, as part of their out-patient allowance.



### Suitable for:

Those aged 18 and over†



### Doctor time:

Up to 30 minutes

## Breast and Cervical Health

Employees can get a picture of their current breast and cervical health and any potential concerns in these areas. They'll then have the chance to talk those through with a doctor.

### What's included?

- ✓ Full consultation including medical history review related to cervical and breast cancer
- ✓ Breast and pelvic examination\* if clinically indicated
- ✓ Test for human papilloma virus (HPV) for those aged 25 and over†
- ✓ Cervical screening if clinically indicated^
- ✓ Onward referral during the appointment or upon receipt of any test results, if needed

## Testicular and Prostate Health

Advice on the signs and symptoms of testicular and prostate cancer, plus a PSA blood test and examination if needed.

### What's included?

- ✓ Review of medical history relating to prostate or testicular cancer
- ✓ Prostate Specific Antigen (PSA) blood test (age 50+)\*
- ✓ Prostate and testicular examination\*
- ✓ Onward referral during the appointment or once the PSA results are in, if needed





## Bowel cancer screening

We'll screen for any bowel cancer symptoms with a stool test (qFIT) for those aged 45 and over.

### What's included?

- ✓ Full consultation, including a medical history review relating to bowel cancer
- ✓ Onward referral during the appointment or once any results are in, if needed

46,000

**Around 46,000 people are diagnosed with breast cancer in England every year.**

Source: Breast Cancer Now, 2024

1 in 8

**will be diagnosed with prostate cancer in their lifetime.**

Source: Prostate Cancer UK, 2023

## Better for business

Lots of people worry about cancer. Adding cancer screening to your cover gives your people the best chance of spotting cancer as early as possible. This could mean better outcomes and a much more reassured workforce.

<sup>†</sup>HPV/Cervical screening tests are not clinically recommended for those under 25. Under 25's can discuss their concerns with a doctor who will advise on best next steps if there are medical concerns about this.

<sup>\*</sup>Examinations and tests may only be provided if considered clinically appropriate by the doctor, depending on risk factors and medical history. Any results will be communicated securely by phone, letter or email within 14 days.

<sup>^</sup>Cervical screening tests (examination of the cervical cells under a microscope) will be carried out if HPV virus is present, in line with NHS guidelines for best practice.

# Fertility check

## Helping employees make informed choices about their fertility

Infertility affects around one in seven couples in the UK.\* Our Fertility Check can help your employees gain a better understanding of their fertility. It could help them make decisions about having a family, now or in the future.

### Who's it for?

Our fertility check is available to individuals or couples who may be having difficulties conceiving naturally. It also provides a useful overview of fertility for those who are considering delaying starting a family for career or personal reasons.



#### Female fertility check

- ✓ Medical history check
- ✓ Physical examination
- ✓ Ultrasound and blood test
- ✓ Antral follicle count
- ✓ Results



#### Male fertility check

- ✓ Medical history check
- ✓ Diagnostic semen analysis
- ✓ Mobility and morphology assessment
- ✓ Results

### Better for business

Show your commitment to employee wellbeing with practical support in an often emotive and sensitive area of personal health. In return, this could create a greater sense of loyalty from your workforce.



## How does it work?

Provided in partnership with CARE Fertility UK and Fertility Partnership on an outpatient basis, the benefit includes:

- a consultation with a fertility specialist where your employees can discuss concerns
- test for individuals or couples to help inform them about their current fertility
- a follow-up consultation with a fertility specialist to discuss results, medical history and lifestyle

Most of the assessments need only one or two visits to the clinic to complete all investigations and consultations. After the assessment and review, our fertility specialists will give your employees appropriate advice and signpost them to support.

# 90%

**of people  
struggling with  
fertility experience  
depression  
symptoms of some  
kind and 42% report  
suicidal thoughts**

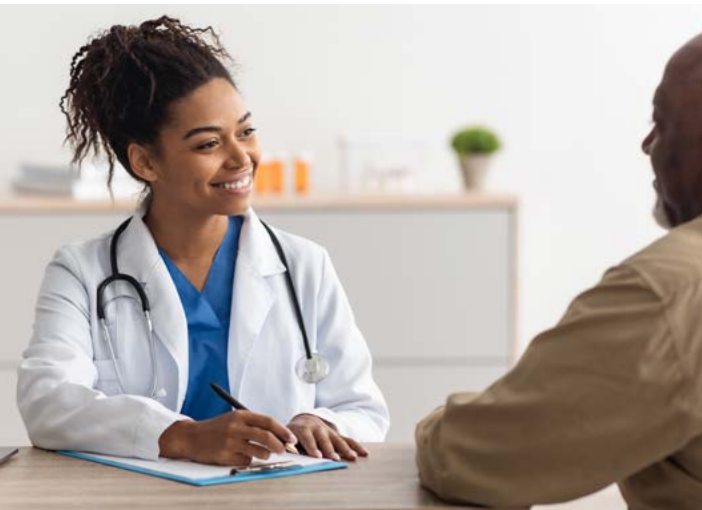
Source: Fertility Health UK, 2023.

# Face-to-face GP appointments

## Helping employees see a GP quickly and get health worries sorted sooner

Our face-to-face GP appointments add an extra level of health support to complement the NHS GP service. Longer appointment times mean employees can get the help they need to manage a condition alongside work.

**Quality time with a GP to talk about complex health concerns in-depth.**



## Who's it for?

Anyone over 18 who needs to see a GP quickly and at a time and location convenient to them.

## Better for business

Convenient GP appointments for employees means less time spent away from work, with some clinics offering evening and weekend appointments. Super fast for them. Super convenient for you.





### What's included?

- ✓ Advice and support on minor or chronic illnesses
- ✓ Private prescriptions – employees will need to cover the cost of any medication
- ✓ General health and wellbeing advice

### Convenient diagnostics

If needed and where possible, we'll do minor diagnostic tests\* on the day. These might include electrocardiograms (ECG) for checking the heart, and blood tests. Employees may need to call us first to pre-authorise diagnostic tests.

### How does it work?

- Employees call us to authorise the GP appointment
- Employees can then call our booking team to book their appointment

\*Additional charges will apply for diagnostic tests, and they'll be subject to your group's scheme and underwriting.

# Menopause Plan

## Expert menopause support to help employees feel like themselves again

Most people who experience menopause do so during their working life. For some, symptoms can become so unmanageable, they're forced to leave their job. We're here to help before that happens.

With our Menopause Plan, employees can quickly access tailored menopause support. A menopause-trained GP will work with your employee to create an individual care plan, giving them the confidence to manage their symptoms.

### Who's it for?

Anyone who'd like to talk to one of our specially trained doctors can book our Menopause Plan. It might be that employees are concerned about approaching menopause, or unsure if their symptoms are related to menopause.

### What's included?

- ✓ 45-minute consultation with a menopause-trained Bupa GP
- ✓ Personalised advice on managing symptoms and help navigating next steps
- ✓ 30-minute follow-up consultation, to be taken anytime within 12 months of the first appointment
- ✓ Access to our nurse-led helpline, available any time and any day.

### Better for business

Losing your best people isn't good for business, but personalised menopause support is. Support your female talent in one of the most underserved areas of healthcare.

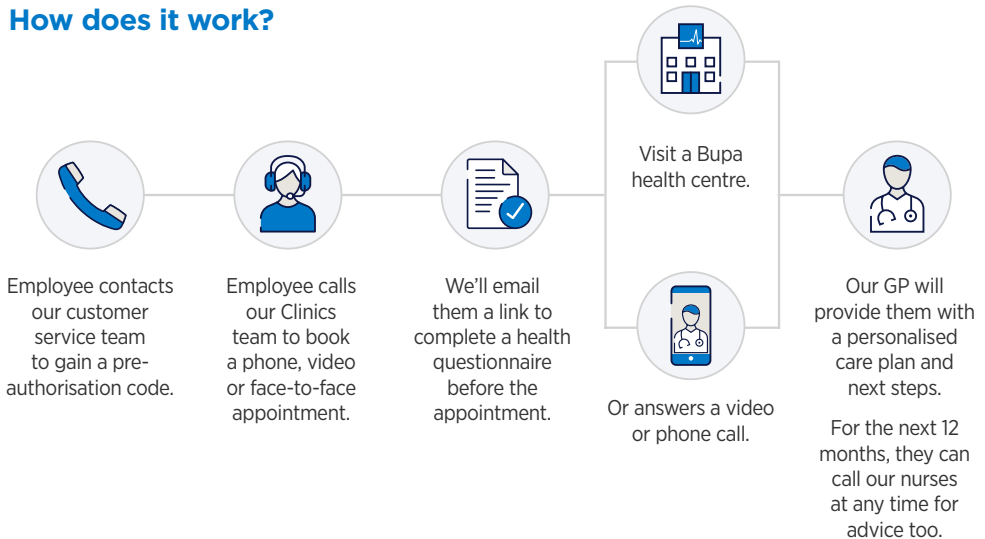


# 6 in 10

**menopausal women  
find their symptoms  
negatively affect their  
job performance.**

Source: Let's talk menopause. Chartered Institute of Personnel and Development, published 2019.

## How does it work?



# Men's Sexual Function Plan

## Expert guidance and a tailor-made plan to help get to the root cause of sexual function problems

Sexual function problems such as erectile dysfunction are becoming more common in younger men of working age. It can be a tough topic for somebody to talk about and can lead to a downward spiral of worry.

Our Men's Sexual Function Plan is a tailor-made plan of action to help employees get to the root cause of the issue and give them the support they need to overcome it.

### Who's it for?

Anyone 18 and over with any of these symptoms:

- Difficulty achieving and/or maintaining an erection
- Loss of early morning erections
- Ejaculation earlier than desired during sexual activity
- Delayed ejaculation or inability to ejaculate during sexual activity
- Loss of libido or reduced sex drive
- Any other concerns around sexual function

### What's included?

#### In-Centre

- ✓ 30-minute initial consultation with a Bupa GP, including diabetes, cholesterol and testosterone blood tests
- ✓ 15-minute follow-up appointment
- ✓ Access to our nurse-led helpline, available any time and any day
- ✓ Help with next steps, including an onward referral or prescription,\* if needed

\*Private prescriptions with click and collect or home delivery options available. The cost of the private prescription is paid for by the individual. Charges for delivery will apply

### Better for business

Problems with sexual function can affect more than just sex life. They can cause stress, relationship issues, low self-esteem and affect productivity at work. With our Men's Sexual Function Plan, we'll aim to get to the root cause of the problem.



## How does it work?

### Remote

- ✓ At-home testing kit for diabetes, cholesterol and testosterone levels
- ✓ 30-minute phone or video consultation with a Bupa GP
- ✓ 15-minute follow-up appointments, remote or face to face
- ✓ Access to our nurse-led helpline, available any time and any day
- ✓ Help with next steps, including an onward referral or prescription, if needed



Employee contacts us to gain a pre-authorisation code.



Employee calls our Clinics team to book a face-to-face or remote appointment and arrange a blood test.



Employee attends their appointment with a Bupa GP and discusses their treatment plan.



Next steps could include a prescription or onward referral. Employees will also receive a follow-up and access to our nurse-led helpline.



# Nutrition

## Giving employees the tools and knowledge to make better nutritional choices

Whether it's to lose weight, reduce how much alcohol they drink or get an edge on their sporting performance, employees can work with a health adviser to gain a better understanding of their nutritional health.

With our nutrition support, employees can choose from a range of modules to help keep them on track to achieve their health and wellbeing goals.

### Who's it for?

Anyone looking for expert advice on improving their nutritional health, whatever their wellbeing goals are.

### What's included?

Five modules for employees to choose from:

- ✓ Nutrition for weight management
- ✓ Nutrition for a healthy gut
- ✓ Nutrition for a healthy heart
- ✓ Nutrition for sporting performance
- ✓ Nutrition for vitality

## Better for business

A healthier approach to food, drink and exercise could help employees maintain a healthy lifestyle. This could reduce the chance of them developing obesity-related illnesses such as type 2 diabetes and needing to take time off for other weight-related illnesses.



## The consultation:

- ✓ 30 minutes with a lifestyle coach or health adviser, discussing diet, exercise and current wellbeing
- ✓ An action plan to take away
- ✓ Access to content on our website and further guidance where needed

## Plus ongoing support, if they need it:

- ✓ Two 30-minute appointments, charged individually
- ✓ A review of the action plan

## How does it work?



Employee contacts us to gain a pre-authorisation code.



Employee calls our Clinics team to book their nutrition consultation.



Employee attends their virtual appointment and creates an action plan ready to take away.



Employee can use the same pre-authorisation code to book their other two appointments.

# Find out more about **Well Health** services for your business

## **Targeted Cancer Screening**

Fast, convenient ways to monitor cancer symptoms.

## **Fertility check**

Helping employees make informed choices about their fertility.

## **Face-to-face private GP appointments**

Helping employees see a GP quickly and get health worries sorted sooner.

## **Menopause Plan**

Expert menopause support to help employees feel like themselves again.

## **Men's Sexual Function Plan**

A tailor-made plan to help get to the root cause of sexual function problems.

## **Nutrition**

Giving employees the tools and knowledge to make better nutritional choices.

**Find out more, call us now**

**Or speak to your account manager or intermediary partner.**

Monday to Friday 8am to 5pm. We may record or monitor phone calls.

Any of the Well Health benefits can be included within your Corporate Insurance or Health Trust scheme. It may be possible to purchase these services separately via Bupa Clinics, with the exception of Fertility Check and Nutrition.

## **Bupa. Better for business**

Bupa health trusts are not regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

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