

Nutrition

Want to think more carefully about your overall nutrition? Whether it's creating measurable targets or you need extra confidence to make some lifestyle changes, we're here to help.

With our Nutrition health package, you can choose from a range of modules. You'll then spend time with an expert and create a nutrition action plan. Helping you achieve your wellbeing goals, whatever they may be.



What's included?

Support for your nutrition goals

Choose from a range of modules to help keep you on track to achieve your nutrition goal.

Each module comes equipped with a self-help video, offering advice and tools to inform and inspire you.

Five topics for you to choose from:

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

Your consultation:

- ✓ 30 minutes with a lifestyle coach or a health adviser to cover your current health and nutrition
- ✓ Explore how both diet and exercise go hand in hand and how these can impact and improve your nutritional health
- ✓ A closer look at your wellbeing
- ✓ Create an action plan ready to take away on the day
- ✓ Access to content on [bupa.co.uk](https://www.bupa.co.uk) and further guidance where appropriate

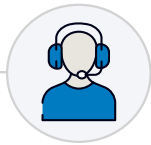
Ongoing support, if you need it

You'll also get two additional 30-minute appointments to review your action plan or explore any other nutrition modules. These will be charged individually.

How does it work?



Contact us to get a pre-authorisation code.



Call our Clinics team to book your nutrition consultation.



Attend your virtual appointment and create an action plan ready to take away.



You can use the same pre-authorisation code to book your next two appointments.

Call your helpline on

Helpline open Monday to Friday 8am til 8pm and Saturday 8am til 4pm