



**This is  
health**

# **Health Check Survey and Wellness Plan**

# Take a Health Check Survey

You may already have a good idea of the kind of circumstances that can sap your strength or wellbeing, but sometimes stresses can sneak up on us – especially when we're busy.

This quick and easy Health Check Survey lets you think about your general wellbeing at work and at home, helping you to spot problems and find solutions. The answers you give here can be used to create your own plan to support your health and wellbeing, with the help of our Wellness Plan Guide. There, you'll find tips, resources and ways Bupa can support your wellbeing.

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## How to use this survey:

Find a quiet few minutes to answer the questions honestly, thinking about how you feel on an average day or week. The survey is grouped into three sections: emotional wellbeing; physical wellbeing; and overall wellbeing.

Complete the survey, keeping a note of your answers and use them to create your own Wellness Plan.

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## Who is this survey for?

This survey is for you. You don't need to share your results with anyone.

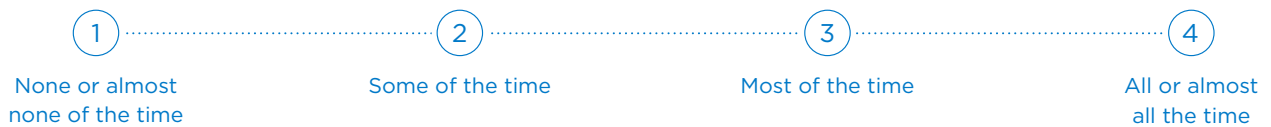


**Start your Health  
Check Survey**

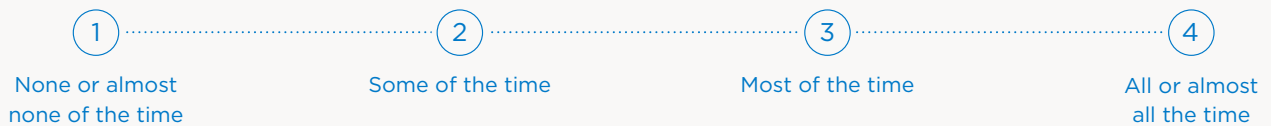
# Emotional wellbeing



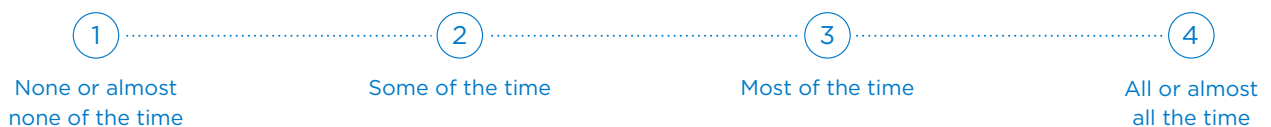
1. I know how to manage my stress levels.



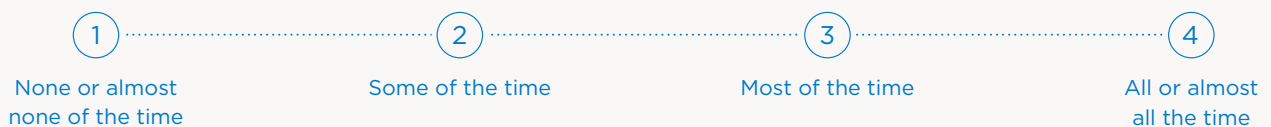
2. I am not able to concentrate or focus on tasks, even though I'm normally able.



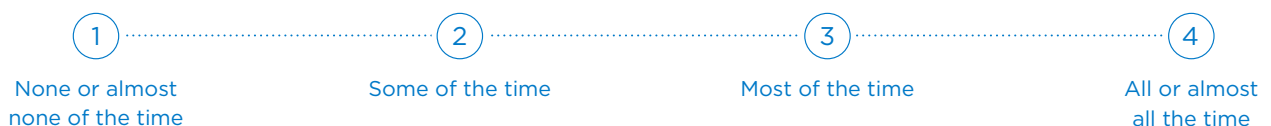
3. I feel I can share my problems and rely on people at work to help me find solutions.



4. Generally, I feel strong and able to bounce back after a problem or setback.

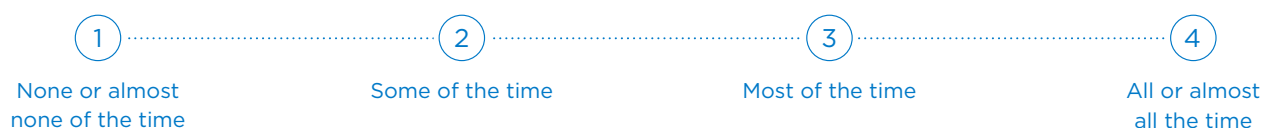


5. I get overwhelmed by problems in my life and situations I can't control.

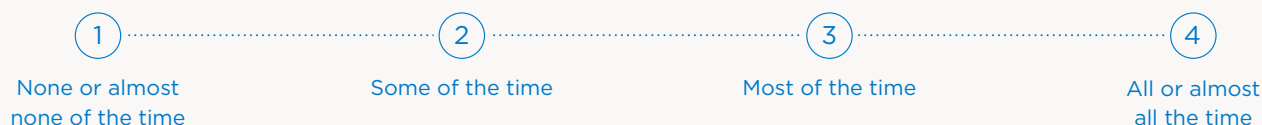


# Physical wellbeing

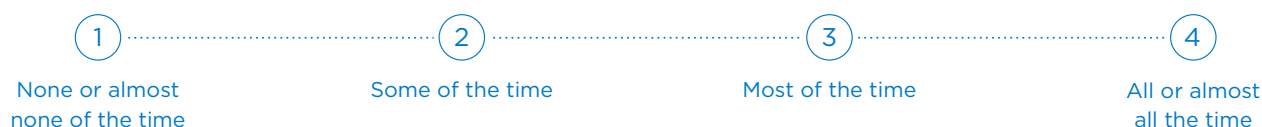
6. I can exercise regularly every week, whether that's walking, gentle yoga or an online class.



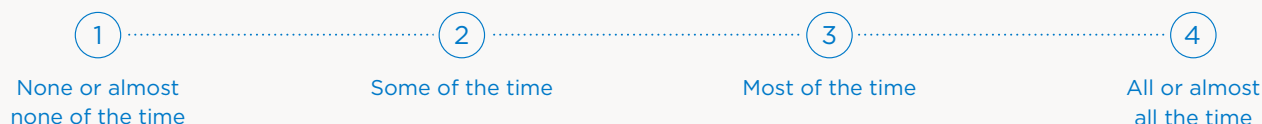
7. I can find the time to relax and unwind during an average week.



8. I often experience uncomfortable, dry or sore eyes, especially near the end of the day.



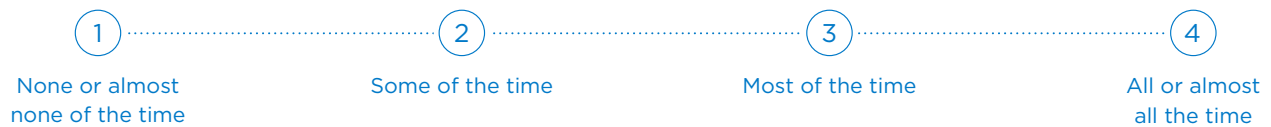
9. I have back or neck pain and stiffness or frequent pain or discomfort elsewhere.



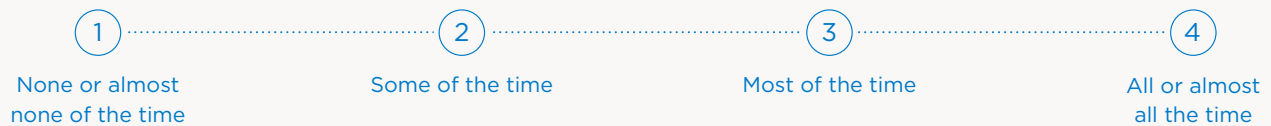


# Overall wellbeing

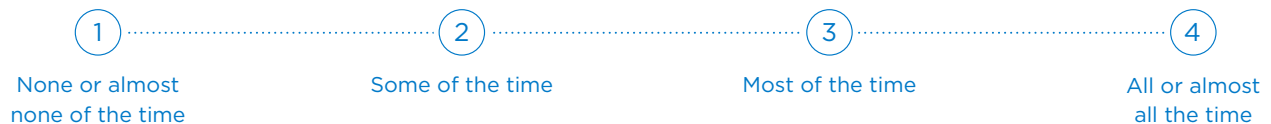
10. I feel exhausted or tired out.



11. I worry about the wellbeing of my family.



12. I feel like I am lacking support for my health, whether I have a long term health condition or not.



## What's next?

Use your answers to build your own Wellness Plan and take your health and wellbeing into your own hands. A Wellness Plan can be a great starting point, but it isn't supposed to replace medical advice. If you are concerned about any aspect of your health, speak to an expert.



Speak to a qualified nurse via our Anytime HealthLine at any time. Lines are open 24 hours a day, seven days a week.

## 0345 604 0537

Calls may be recorded and, to maintain the quality of our Bupa Anytime HealthLine and Family Mental HealthLine service, a nursing manager may monitor some calls, always respecting the confidentiality of the call. Please note: you'll need your membership number to hand.



Or use our My Bupa app to access a Digital GP and talk to them whenever works best for you.

**Download the My Bupa app**



Wellness plan



# Make your own Wellness Plan

Putting a Wellness Plan in place can help you be prepared for any health or wellbeing concerns that come up at work or at home.

Once you've taken a Health Check Survey, you can use the information and resources in this guide to make your own Wellness Plan.

Be sure to complete your [Health Check Survey](#) first.

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## How does it work?

Use your answers from our Health Check Survey to create your own Wellness Plan. Check out the sections that match up with your experiences and use the information to build your own plan.

Your plan can be a handy starting point for mapping out what you need to be well at work – whether that's time to yourself, professional support or more understanding from your manager – and at home. Once you have a plan in place, you can use it to support your health and wellbeing and to help find ways to get in touch with experts when you need them most.

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## Who is this for?

Everyone can benefit from making their own Wellness Plan. They're an easy and practical way to support your own health and wellbeing. And when you need more support, you'll find links and details for getting in touch with Bupa experts.

# Emotional wellbeing



We all know that looking after our mental health is important<sup>1</sup>, but we also know how hard it can be to find the time to prioritise your mental and emotional wellbeing. We've pinpointed some areas where a little extra attention might go a long way.

## Take steps to combat stress

### Question 1



"I know how to manage my stress levels."

If you answered none, almost none of the time, or some of the time, you may be dealing with heightened stress levels.

### Question 2



"I am not able to concentrate or focus on tasks, even though I'm normally able."

If you answered most of the time or almost all of the time, stress may be affecting your day-to-day work and life.



### What is work-related stress?

Work-related stress is when the pressures you're facing at work start to affect how you feel. It can make you feel ill both physically and mentally and being able to recognise the early signs of stress can help you reduce the impact<sup>2</sup>.

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## Some quick tips for dealing with stress

Not all stress is work-related, but all stress may have an impact on how you're feeling on an average working day. Some ways to help reduce stress include:



Taking time out to do something you enjoy, whether it's going for a walk or seeing friends. A new perspective can help.



Trying out relaxation techniques to see if there's one that works for you. Things like breathing exercises, yoga, mindfulness, a hobby, or physical exercise.



Reducing your workload where possible and making use of things like a To Do list, so you can tick off tasks and stop thinking about them once they're done<sup>3</sup>.

**[Find more practical advice on dealing with stress in our guide](#)**

1. Caring For Your Mental Health. NIMH, 2022.

2. Work-related Stress. Bupa, 2022.

3. Dealing With Stress. Bupa, 2022.



## Ways to improve sleep hygiene

Sleep and stress are often associated with each other<sup>4</sup>, so if your nights are disturbed you may be feeling the impact. Work-related stress might impact how easy it is for you to fall asleep, especially if you find it hard to switch off.

Learning more about mindfulness or trying out some cognitive behavioural therapy techniques can give you some tools to quieten a busy mind.



**Discover more in our guide to stress and sleep**





## Stop small worries turning into more serious issues

### Question 3



"I feel I can share my problems and rely on people at work to help me find solutions."

If you answered some of the time, none or almost none of the time, you may be lacking a strong support network.

### Question 4



"Generally, I feel strong and able to bounce back after a problem or setback."

If you answered some of the time, none or almost none of the time, you may need a little help bouncing back from life's stresses.

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## Friendship and wellbeing at work

You may turn up at work ready to do business, but the social aspect can be helpful too. Have a look at our guide to friendship in the workplace to see how a little support from colleagues can make a difference to your everyday wellbeing.

**[Read our guide on collaboration and friendship in the workplace](#)**

## Support for work-related stress and sleep problems

Get support through one of our seven Online Mental Wellbeing Programmes around stress, sleep, resilience, money worries, alcohol, and body image with SilverCloud Health. Access the programme today and work through it in your own time.

**Login to Bupa Touch at [bupa.co.uk/touchdashboard](https://bupa.co.uk/touchdashboard)**

**Click the link to SilverCloud in the Mental Wellbeing title**



Stress, anxiety and depression can strike without warning, especially when difficult situations come up.

## Help when times are tough

### Question 5



"I get overwhelmed by problems in my life and situations I can't control."

If you answered most of the time, all or almost all of the time, you may be having a tough time at the moment.

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When you need someone to talk to about your mental health, we can help. Call us directly and speak to a mental health professional without needing to see a GP first.

**0345 600 5446**

Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm.  
We may record or monitor our calls. Or visit [bupa.co.uk/mental-health](https://bupa.co.uk/mental-health)



# Physical wellbeing

From niggling pains to feelings of discomfort or fatigue, take control of ways you could improve your physical wellbeing. Check out tips for dealing with common work-related problems as well as general physical health.

## Tips for staying active

### Question 6



"I can exercise regularly every week, whether that's walking, gentle yoga or an online class."

If you answered some of the time, none, or almost none of the time, you may be finding that you can't exercise as often as you'd like.

### Question 7



"I can find the time to relax and unwind during an average week."

If you answered some of the time, none, or almost none of the time, you may be finding it hard to relax or unwind.



### Physical wellbeing at work

Physical wellbeing is the ability to enjoy and maintain a healthy quality of life at home and at work. When physical wellbeing is high, it may be easier to get the most out of your daily activities without undue physical stress or fatigue<sup>5</sup>.

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## Getting started

A little bit of exercise is better than none<sup>6</sup>. Think about activities you enjoy and how they could fit into your week.



Whether that's taking a walk at lunchtime



enrolling in a low-impact class



or carrying out some simple stretches while watching your favourite TV show<sup>6</sup>.

**[Get more tips in our guide to getting started](#)**



After a long day, you might notice that your eyes feel a little tired or uncomfortable<sup>7</sup>. Especially if you've been working at a computer or concentrating hard.

## How to deal with eye strain

### Question 8

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"I often experience uncomfortable, dry or sore eyes, especially near the end of the day."

If you answered most of the time, all or almost all of the time, you may be suffering from eye strain.

### Ways to deal with digital eye strain

While using a computer, phone or tablet won't cause permanent changes to your eyes, spending a lot of time in front of a screen can tire out your eyes<sup>8</sup>. You can help your eyes out by<sup>9</sup>:

- Keeping your screen clean and free of dust.
- Changing the brightness levels so that the screen is easy to see.
- Changing text size so that you can read comfortably.
- Use the 20-20-20 rule. For every 20 minutes of screen time, you should look away at something in the distance (about 20 feet away), for 20 seconds.

**Find more tips for reducing digital eye strain**

### How to look after your eyes

One of the best things you can do is book in regular eye tests. These can check if you need glasses or if your prescription needs changed.

Eye tests also check for any underlying eye conditions, so they're very important<sup>10</sup>.

Wearing UV sunglasses during the day and protective goggles when doing DIY or manual work can also help keep your eyes healthy<sup>10</sup>.

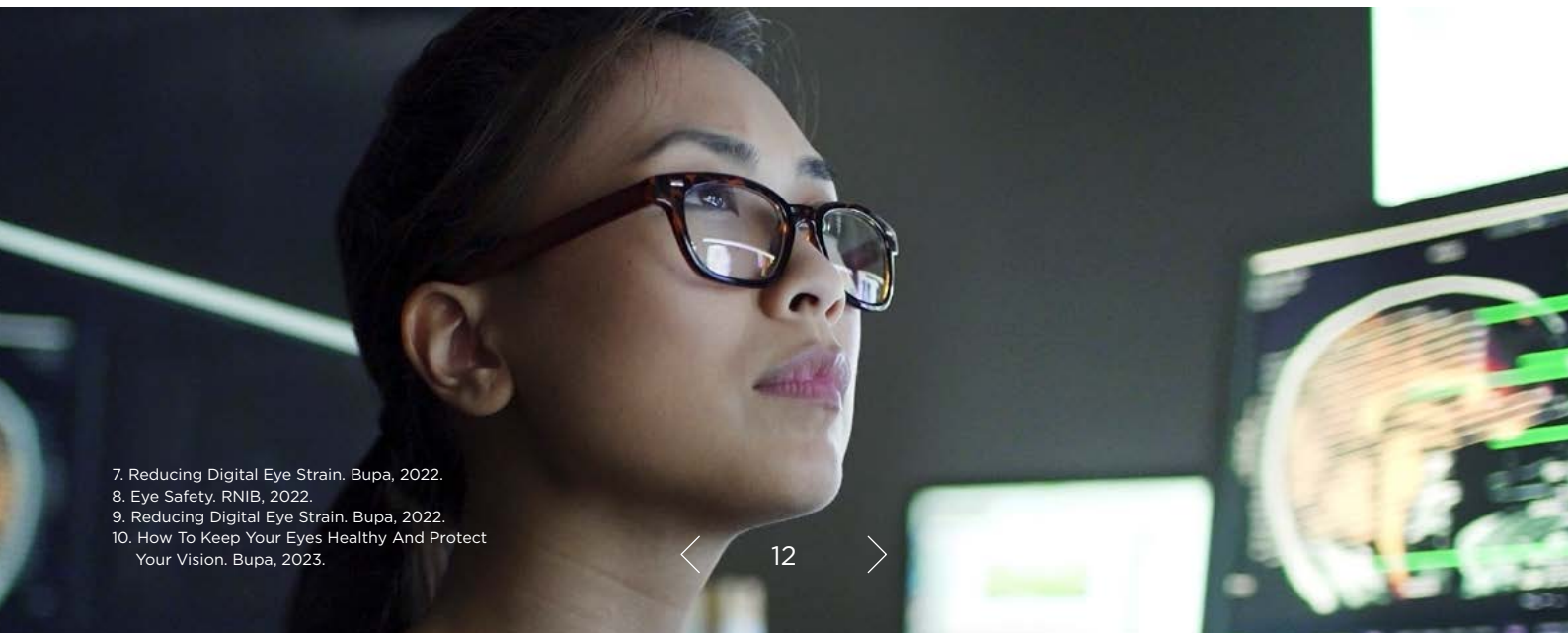
**Get more tips for looking after your eyes**

7. Reducing Digital Eye Strain. Bupa, 2022.

8. Eye Safety. RNIB, 2022.

9. Reducing Digital Eye Strain. Bupa, 2022.

10. How To Keep Your Eyes Healthy And Protect Your Vision. Bupa, 2023.



## Combatting neck and back pain or stiffness

### Question 9



"I have back or neck pain and stiffness or frequent pain or discomfort elsewhere."

If you answered most of the time, all or almost all of the time, it sounds like you are one of the many people suffering from neck or back pain.

Whether you're sitting at a desk every day or you spend most of the week on your feet, your body might have something to say about it.

There are a number of ways work can contribute to back pain, from repetitive actions to carrying heavy loads or even staying in one position for too long<sup>11</sup>.

Setting aside time to stretch and give your muscles some variety can help increase your flexibility and reduce the risk of injury<sup>12</sup>. There are also little things that can be incorporated into your day, like our [Five-minute desk yoga routine](#) or our [Four simple stretches](#).

It may also be that there are things about your workplace that are contributing to neck or back pain, such as a computer monitor that is too high or low for your eyeline or a chair without sufficient support. This may be something to talk to your manager or HR Team about, if you have one.

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## Get professional help



From bad backs to niggling knees, speak to a physiotherapist and find out more about how your set up at work or at home is affecting the way you feel.

**0345 600 8277**

Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm.  
We may record or monitor our calls.



Or use our digital GP through our My Bupa app, to schedule a GP appointment and talk to them wherever works best for you.

**Download the My Bupa app**



Please note: members who live in the Isle of Man do not have access to Bupa Blue Health, but can access GP24, provided by HealthHero.

11. Back Pain. HSE, 2022.

12. Four Easy Stretches To Relieve Back Pain. Bupa, 2022.

# Overall wellbeing

Worrying about your health and wellbeing can be a real drain, especially if you're lacking in support. Discover some ways to access help from the experts at Bupa to help improve your overall wellbeing.

## Tips for help with health worries

### Question 10

"I feel exhausted or tired out."

If you answered most of the time, all or almost all of the time, it sounds like you aren't feeling your best. Maybe you are worried about a nagging health problem, or you're not sure what's causing your tiredness. Seeking help could improve your overall wellbeing.



### Improve your overall wellbeing

Your overall wellbeing is a combination of both your mental and physical health. It's important to look after both – as your mental wellbeing can affect your health and vice versa<sup>13</sup>.

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## Get help with your health worries

Worried about a physical symptom? Feeling mentally drained?  
Don't worry alone, we're here to help.



With our Bupa Anytime HealthLine, you can talk to one of our experienced nurses 24/7 about any small health worries you or someone in your family may have.

**0345 604 0537<sup>^</sup>**

Available 24 hours a day, seven days a week, 365 days a year.



Or use our digital GP through our My Bupa app to schedule a GP appointment and talk to them from home, the office or wherever works best for you. You can also talk to a nurse, pharmacist, physiotherapist, or mental health expert.

**Download the My Bupa app**



Please note: members who live in the Isle of Man do not have access to Bupa Blue Health, but can access GP24, provided by HealthHero.

<sup>13</sup>. Physical Health and Wellbeing. NHS, 2023.

<sup>^</sup> Calls may be recorded and to maintain the quality of our Bupa Anytime HealthLine service, a nursing manager may monitor some calls, always respecting the confidentiality of the call. Please note: you will need your membership number when calling.





## Family worries and wellbeing

### Question 11



"I worry about the wellbeing of my family."

If you answered most of the time, all or almost all of the time, you may be finding that worries about your family are affecting the way you feel.



For advice or support if you are a carer or parent and concerned about a young persons mental wellbeing, speak to a mental health professional via our Family Mental HealthLine:

**0345 266 7938\***

Telephone support is available Monday to Friday from 8am to 6pm via a dedicated helpline, or visit [bupa.co.uk/mental-health](https://bupa.co.uk/mental-health)

## Dealing with cancer

### Question 12



"I feel like I am lacking support for my health, whether I have a long term health condition or not."

If you answered most of the time, all or almost all of the time, it may be that you would benefit from some professional support.

For example, if you are dealing with cancer, we are here to help. From diagnosis to treatment, we'll be by your side for your health and your mind.



Phone our Oncology Support Team:

**0345 850 0465**

Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm. We may record and monitor our calls.

[Find out more about our cancer promise](#)

↑  
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For other short or long term health conditions, you may find support through our digital GP service through our My Bupa app. Schedule an appointment and talk to a GP, nurse, pharmacist, physiotherapist, or mental health expert from work, home or wherever works best for you.

### Download the My Bupa app



Please note: members who live in the Isle of Man do not have access to Bupa Bluea Health, but can access GP24, provided by HealthHero.

\*Calls may be recorded and to maintain the quality of our Family Mental HealthLine service, a nursing manager may monitor some calls, always respecting the confidentiality of the call. Please note: you'll need your membership number handy.



# Sources

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10. **How To Keep Your Eyes Healthy and Protect Your Vision.** Bupa.  
<https://www.bupa.co.uk/newsroom/our-views/healthy-eyes>, 2023.
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<https://www.hse.gov.uk/msd/backpain/index.htm>, 2022.
12. **Four Easy Stretches To Relieve Back Pain.** Bupa.  
<https://www.bupa.co.uk/newsroom/our-views/four-easy-stretches-back-tension>, 2022.
13. **Physical Health and Wellbeing.** NHS.  
<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/physical-health-and-wellbeing/>, Accessed 2023.

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