Workplace Health and Wellbeing Calendar 2023.

Bupa. Better for business
Helping you plan for Q4

Bupa can help keep businesses one step ahead of employees' healthcare needs - through content, support and innovative tools and services that are good for the mind, health and the planet. And ultimately, better for business. That's why we've created a programme of health and wellbeing content, events and training to support you. From line manager and HR team training and resources, to trusted information that helps your people be more in control of their health. All backed by the clinical expertise of Bupa.

For the latest news and updates, take a look at our dedicated page. Click here >
Workplace wellbeing as diverse as your talent
As the recruitment and talent gap become more challenging, we explore how employers can benefit from a diverse workforce - from thinking differently, increased creative skills and increased empathy. We look at how businesses can retain and grow a diverse workforce with varying health needs, making sure everyone feels welcomed and valued in their roles, leading to a healthier happier workforce.

Prevention Revolution
More people than ever are leaving the workforce due to chronic health conditions, resulting in the greatest ever number of economically inactive people in the UK. We explore how employers can help fill the void by supporting people back into the workplace, providing access to treatment, training and on-demand resources.

Engaging everyone with mental wellbeing
Poor mental health costs UK employers up to £56 billion a year. With an increase in a younger demographic making up the workforce, and hybrid working considered a barrier to career progression, we spotlight how businesses can truly engage younger employees, particularly men, with their mental health initiatives.

Healthy Planet, Healthy People
Bupa are setting new sustainability standards for healthcare with circular healthcare, digital products and a focus on prevention, because greener healthcare is better for people and businesses, as well as the planet. We share how we are pioneering a more sustainable healthcare system and how employers can encourage their teams to adopt preventative healthcare measures that also look after the planet.

Key Topics
- The value of an age-diverse workforce
- Neurodiversity in the workplace
- Disability inclusion
- Women’s health
- Gender dysphoria

Key Topics
- Engaging men in mental health
- Addressing anxiety in an uncertain world
- Building resilience through early intervention

Key Topics
- Pioneering a more sustainable healthcare system
- Accelerating digital healthcare services
- Prevention is better for our planet and people
- Blua – expanding our digital healthcare services
- Nutrition Coaching - helping members improve their diet
- Healthy Cities – helping businesses encourage their employees to get active

Proposition Developments
- Inclusive Health
  - Neurodiversity – neurodiversity toolkit and trial for ADHD & Autism support
  - Gender Dysphoria – including gender affirmation surgery
  - Women’s Health – menopause plan & period pathway

Proposition Developments
- Workplace Mental Health Advantage
  - Men’s mental health – new tailored service
  - JAAQ - mental health engagement campaign
  - PMI/EAP – better integration of the services
  - Data – new data service to include predictive analytics

Proposition Developments
- Proactive Health
  - Personal Coaching – remote or onsite health & wellbeing coaching
  - Digital wellbeing - engaging wellbeing content and resources available in Bupa Touch
  - JAAQ – workplace wellbeing engagement platform
  - Next Gen – our whole of workforce proposition
  - Well Health – extending support and benefits to compliment your medical cover.

Proposition Developments
- Sustainable Health
  - BLUA – expanding digital healthcare services

Q1 January – March

Q2 April – June

Q3 July - September

Q4 October – December

# What to expect in Q4

**October - December 2023**

## Key themes
- Supporting chronic conditions in the workplace
- The benefits of preventative healthcare
- Managing absenteeism
- Importance of healthier lifestyles

## Prevention Revolution - Support we will provide to help build your health and wellbeing strategy

### Events

- **Bitesize Academy modules**
  - Heart health, diabetes, work-related stress, suicide, long term conditions and is your team burnt out or busy?

- **Core Academy modules**
  - Cancer, mental health, musculoskeletal (MSK), women’s health

### Line manager support

- **Manager guide**
  - Supporting your team’s heart health
  - Supporting staff with long term health conditions
  - Supporting employees who are experiencing stress

### Employee support

- **Sustainability articles**
  - How sleep can affect diabetes. Can gut health affect mental health?
  - Six diet tips for a healthy heart. The benefits of exercising.

### Dental

- **Employee Bitesize videos**
  - Dental anxiety, your questions answered

## Health awareness campaigns we’ll help you deliver

- **National Inclusion Week** 25th Sep - 1st Oct
- **Back Care Awareness Week** 2nd - 6th
- **World Mental Health Day** 10th
- **World Menopause Day** 18th

## Coming soon

- **Movember**

## Important dates

- **International Day of People with Disabilities** 3rd
Support for you and your HR, Wellbeing and line managers

Quarterly events and monthly articles providing future insights for the workplace of tomorrow – all designed to keep businesses one step ahead.

Wellbeing teams, Line managers, HR

Wellbeing teams, Leaders, HR

Wellbeing teams, Line managers, HR

Over 110 blogs and an exclusive client and intermediary newsletter keeping businesses up-to-date with the latest news and issues affecting workplace wellbeing.

Thought Leadership

Helpful Perspectives

Practical Resources

Workplace Health Insights

Workplace Health and Wellbeing Blog

Workplace Health and Wellbeing Academy
Support for your employees to engage in health and wellbeing

Raising Awareness

10 health and awareness toolkits produced each the year supporting businesses in shaping comprehensive health and wellbeing campaigns.

Promoting Healthier Living

Quarterly events and weekly articles providing employees with the latest expert advice and health tips.

Trusted Guidance

Over 375 health information pages including tools and calculators sharing trusted information about conditions, treatments, and procedures; reviewed by experts, written in plain English.
Thank you.

Contact your Account Manager or Intermediary Partner for more information.

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