

Business health
is knowing that
prevention is
better than cure

**This is
health**

Bupa


Why we need a prevention revolution

The problem

With the rising impact of ill health in the workplace, more employers are making the connection between better health, business success and offering private healthcare in the workplace.

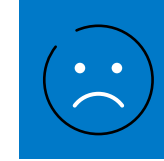
But how can you maximise this investment and manage rising healthcare costs?



The solution

Our new package to proactively manage health focuses on fitness, mental health and wellbeing solutions to help prioritise keeping people well and intervening early.

This can help reduce the likelihood of costly and disruptive health-related setbacks. And keep your people at their best for longer.



Access to healthcare and decline in overall health of the UK population are drivers of increased economic inactivity



Over **2.5 million** people are off work due to chronic illness



Increase of **449,000** since the start of the pandemic in January 2020.



How our new health solutions work for your business

Making it easier for your people to be healthier and happier



From 1500 live and on demand fitness classes to 16 meditation programmes and wellbeing guides, to cutting-edge mental health support through our partnership with JAAQ. We can help your people take the small steps that make a big difference, included at no extra cost.

Learn more about our partnership with JAAQ.

[Watch video >](#)

Making it easier to access screening and preventative healthcare



With **Well Health** we've developed a range of benefit modules that can be embedded in your cover to extend and provide fast access to screening, diagnosis, and support to help spot problems earlier as early detection supports better outcomes.



Making it easier to understand your people's health and wellbeing



All customers can now access improved data and insight giving you a deep dive into the wellbeing performance across your Bupa services to help build resilience and support a culture of early intervention.

For an additional cost, you can go further to understanding the business impact of your health and wellbeing data, from the cost of absence, attrition and low engagement through to how to optimise your investment.

Our new health solutions at a glance

Product, services and benefits	What's included?	Availability	Cost
<p>Additional modules available from January 2024 Well Health Six options to extend your cover:</p>	<ul style="list-style-type: none"> • Men's Sexual Function Plan • Menopause Plan • Nutrition Health • Face to Face GP • Fertility Check • Cancer Screening 	Corporate UKI customers only	Additional cost
<p>Available from January 2024 Digital Wellbeing Customers can access digital wellbeing through the Bupa Touch app.</p>	<ul style="list-style-type: none"> • Fitness classes and a digital gym • Nutrition and recipes • Wellbeing guides to stay fit and healthy • Self-guided meditation • Soundspace podcasts • Engaging health and wellbeing content 	All UKI customers who have a health insurance or a health trust scheme	No additional cost
<p>Available from January 2024 Enhanced data services</p>	<ul style="list-style-type: none"> • All customers can now access improved data and insight giving you a deep dive into the wellbeing performance across your Bupa services to help build resilience and support a culture of early intervention. • For an additional cost, you can go further to understanding the business impact of your health and wellbeing data, from the cost of absence, attrition and low engagement through to how to optimise your investment. 	Corporate UKI customers only	No additional cost for standard reports Additional costs apply depending on bespoke reports chosen

Our existing preventative and proactive health solutions at a glance

Product, services and benefits	What's included?	Availability	Cost
JAAQ A ground-breaking online mental health platform	<ul style="list-style-type: none"> • Access to over 60 different leading experts answering over 50,000 questions on a wide range of topics related to mental health, equality, diversity and inclusion. • Through our partnership with JAAQ, Bupa GPs will provide expertise on the platform, answering questions on topics such as mental health and periods. • The platform can help engage difficult to reach groups and provides clear signposting to early intervention services when needed. 	All UKI customers	No additional cost for standard access to JAAQ Additional costs apply depending on bespoke packages chosen
Inside Health Employee awareness campaigns	<ul style="list-style-type: none"> • Our Inside Health series gives relevant advice and information on a wide range of topics. • Hosted by medical experts and influential guests, we'll discuss topical health issues such as cancer and mental health. With tips, advice and guidance, Inside Health will help your employees to make more informed choices, and take control of their health. 	All UKI customers	No additional cost
Bupa Academy HR and Line Manager training	<ul style="list-style-type: none"> • The Bupa Academy is a modular educational programme designed to provide businesses with exclusive insights and practical tools to help you understand how best to look after your team's health and wellbeing. • Our experts will share the latest insights on key health and wellbeing trends and resources to help businesses build actionable plans that really make a difference. • Our Academy sessions cover topics on cancer, mental health, women's health and muscles, bones and joints. 	SME and Corporate UKI customers	No additional cost

Our existing preventative and proactive health solutions at a glance

Product, services and benefits	What's included?	Availability	Cost
Anytime HealthLine	A 24/7, 365 day service where employees can speak directly to a qualified nurse for guidance and reassurance. Unlimited calls with no time limits for a full, relaxed consultation. Employees can ask about their own health or a family member's (Spouse/partner and dependent children up to age 18 or 23 if in full time education. The eligible individual must be the one who initiates the call.)	All UKI customers	No additional cost
Family Mental HealthLine	If your employees are worried about their child's emotional wellbeing, advice and support is just a phone call away. Parents and carers can speak to a trained adviser and mental health nurse, who'll listen and give advice on what to do next. It doesn't count as a claim, we're just here to help	All UKI customers	No additional cost
Menopause HealthLine	Our Menopause HealthLine allows your employees to chat one-to-one with menopause-trained nurses. Our nurses will listen, offer individual advice and give all the guidance your employee needs to own their menopause. We'll support you with: <ul style="list-style-type: none">• information about what to expect with the menopause• health, diet and exercise during the menopause• mental wellbeing relating to the menopause, including stress and anxiety advice about treatment options	All UKI customers	No additional cost



**For further information about our services
please contact your Bupa Account Manager
or Intermediary Partner.**

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

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