



Free health plans and health assessments for employees

With Mid-Corporate Select health insurance



Added value to keep your people healthy and happy

When you take out business health insurance, with at least 100 registrants, we'll add additional health support on top for your people. It's extra value, without the added cost.

Depending on the size of your business, you'll receive a benefit allowance of up to £1500 to spend on women's health plans or health assessments.

It's your choice how you spend your benefit allowance. Either pre-select the plans, or give your employees the opportunity to choose what's right for them.

Better for business

- Attract and keep top talent with an enhanced benefits package.
- Improve productivity through a proactive approach to health and wellbeing.
- Achieve your cultural goals and create a more inclusive workplace with healthier, happier people.



How does the additional support work?

When you sign up, we'll give you a benefit allowance to spend on:†

- Period Plans*
- Menopause Plans
- Be.Motivated health assessments

The value of your benefit allowance depends on the size of your business:

£600

**for schemes of
100-149 employees**

£900

**for schemes of
150-199 employees**

£1200

**for schemes of
200-249 employees**

£1500

**for schemes of
250-400 employees**

You can spend your benefit allowance on any variation of products. You'll need to cover any spend over your allowance as pay as you go.

†Quotes must be provided between **1 Jan 2024 and 31 May 2024** and policy must commence between **1 April and 1 July 2024**. The offer will not apply in subsequent policy years. If you wish to continue to have access to a Bupa Menopause Plan, Bupa Period Plan or Health Assessment after the first year of cover, you must request this at renewal of your Select Policy and pay any applicable fees and charges.

*Check location for availability.

Pricing



Period Plan

£249



Menopause Plan

£299



Be.Motivated health assessment

£235

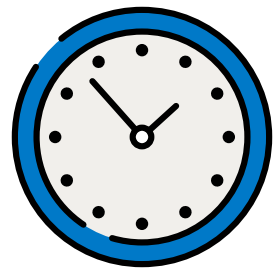
Spend your allowance on:

Period support for your people

Heavy, painful and irregular periods can be severely disruptive to your employees' mental and physical wellbeing. It could mean they're less likely to perform at their best and more likely to take time off.

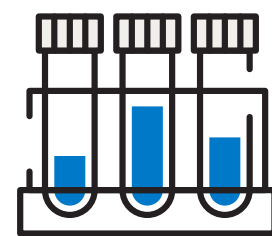
With our Period Plan*, we'll give your employees fast access to confidential, expert period health support in one of our health centres. Helping to boost engagement and reduce absence.

What's included with their Period Plan



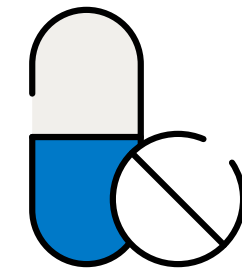
45 minutes with a GP

Time with a GP to create a personalised care plan designed around your employee's specific needs.



Physical check and tests

Physical examination and blood tests, if needed. The GP will always discuss these with your employee first.



Treatment

If needed, a private prescription or an onward referral. Employees will need to pay for their medication.



Ongoing support

A 15-minute follow-up appointment by phone or face to face. Plus, 24/7 support from our nurse-led helpline.

1 in 8

people have to take time off work because of symptoms related to their periods. For some, this is every month.

Public Policy Projects. A Women's Health Agenda: Redressing the Balance. 2022

*Check location for availability.

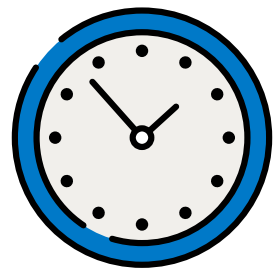
Spend your allowance on:

Menopause support for your people

Most people who experience the menopause do so during their working life. For some, symptoms can become so unmanageable, they're forced to leave their job.

With our Menopause Plan, we'll give your employees tailored menopause support. Either by video, or face to face in a Bupa health centre. Empowering them to start managing their symptoms and feel like themselves again.

What's included with their Menopause Plan



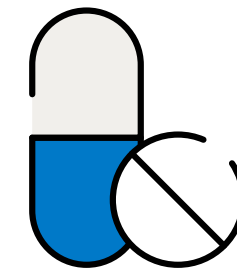
45 minutes with a GP

Time with a menopause-trained GP to talk about their symptoms and get advice on next steps.



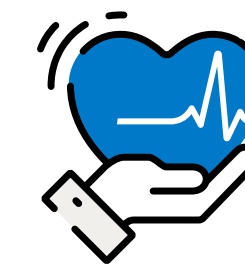
Personalised care plan

A plan of action to help manage symptoms, designed around your employee's specific needs.



Treatment

The GP may suggest hormone replacement therapy or an onward referral, if appropriate. Employees will need to pay for their medication.



Ongoing support

A 30-minute follow-up appointment by phone or face to face. Plus, 24/7 support from our nurse-led helpline.

6 in 10

menopausal people find their symptoms negatively affect their job performance.

Menopause in the workplace. CIPD. 2023

Spend your allowance on:

Health assessments for your team

People perform better when they're feeling at their best. Our health assessments can give your employees the tools to take control of their health, and the confidence to seek support before small worries become larger problems.

What's included with their Be.Motivated health assessment

In-person consultation

- A lifestyle discussion to help employees achieve their goals based on their test results
- Mental health and wellbeing discussion
- Behaviour change coaching

Ongoing support

- Two follow-up coaching calls
- 12 months' access to SilverCloud mental wellbeing programmes
- 24/7 support from our nurse-led helpline

Some of the things we'll check:

- ✓ Body fat percentage
- ✓ Mobility and flexibility
- ✓ Blood pressure test in both arms
- ✓ Lung age (if you're a smoker or recent ex-smoker)
- ✓ Qrisk Cardiovascular risk score
- ✓ Comprehensive cholesterol profile
- ✓ Check for diabetes - HbA1c, non-fasting blood sugar test

8 in 10

customers said their health and wellbeing had improved either a little or a lot following their health assessment.

Bupa Internal Data 2020-22

Ready for a healthier, happier business?

Here's how to get started.



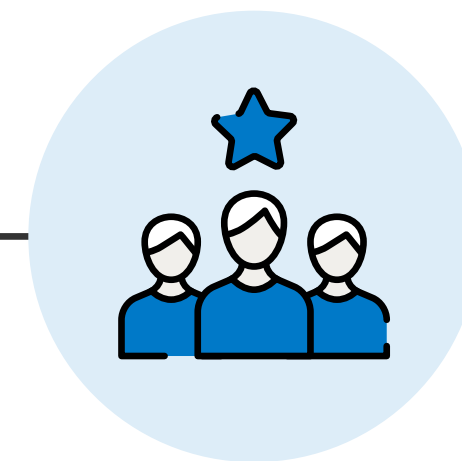
Step 1

Sign up for corporate health insurance with at least 100 registrations.



Step 2

Decide on how you want to use your benefit allowance. You can discuss your options with your broker or account manager.



Step 3

Promote the offer to your people using our employee engagement materials.

To find out more, speak to your account manager or intermediary partner.

†Terms and conditions

Eligible clients will receive a benefit allowance to allow access for Health Assessment-Be.Motivated or Women's Health Plans (that consist of either one Bupa Menopause Plan or one Bupa Period Plan) with the value relating directly to the number of policy members. The value for each scheme are:

- £600 benefit allowance for schemes of 100-149,
- £900 benefit allowance for schemes of 150-199,
- £1200 benefit allowance for schemes of 200-249,
- £1500 benefit allowance for schemes of 250-400,

during the first year of cover (the "Offer") when purchasing a new Bupa Select Company PMI policy (the "Select Policy"), subject to the full terms and conditions referenced below. The Offer is available to UK registered medium sized corporate entities (including, for example, companies, partnerships, and associations) covering between 100 and 400 members for whom an experience-rated quote is provided for a Select Policy between **1 January 2024** and **31 May 2024** directly from Bupa or via an intermediary partner. The Select Policy quote is valid for 28 days and policy must commence between **1 April** and by **1 July 2024**. The Offer will not apply in subsequent policy years. If you wish to continue to have access to a Bupa Menopause Plan, Bupa Period Plan or Health Assessment after the first year of cover, you must request this at renewal of your Select Policy and pay any applicable fees and charges. Additional purchases beyond the benefit allowance of Bupa Menopause Plan, Bupa Period Plan or Health Assessment can be purchased directly from Bupa Health Services. If an eligible member leaves employment they will not be able to access a Bupa Menopause Plan, Bupa Period Plan or Health Assessment. There is no option to upgrade or otherwise change the Offer. Bupa reserves the right to cancel, suspend, amend, or withdraw the Offer at any point without prior notice. The Offer is non-exchangeable, non-transferable, has no cash value/alternative and cannot be used in conjunction with any other promotions or offers. Any appointments not taken within the first year of cover cannot be carried over to the following year and will be forfeited by the client. Bupa will use any personal information in accordance with its privacy notice which can be found at [bupa.co.uk/privacy](https://www.bupa.co.uk/privacy). These terms and conditions shall be governed by English law, and the parties submit to the exclusive jurisdiction of the courts of England and Wales. Full terms and conditions relating to the Offer can be obtained from your Bupa representative

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