



Workplace Health and Wellbeing Calendar 2024.

Bupa. Better for business

Helping you plan for Q1.

Bupa can help keep you at the forefront of workplace health and wellbeing—through insights, practical support and innovative tools and services that help your people be healthier and happier. With a focus on helping your business address the challenges of retaining talent, adapting to the modern workplace and addressing the sustainability agenda. As your trusted partner we help your organisation get the benefits of better health and wellbeing.



Introducing **Horizons**

Pioneering the future workplace, one horizon at a time

We are launching our new programme of events and content to support leaders in your business to shape the future of workplace health and wellbeing. Horizons will replace our existing Health Insights programme.

Horizons will provide a unique lens into the future of healthcare. Bringing together industry experts, innovators, and thought leaders, we'll explore the emerging trends, cutting edge technologies and evolving practices in healthcare.

With senior leaders, HR professionals and wellbeing benefit managers in mind, attendees will gain valuable insights into the transformative landscape of workplace health and wellbeing, as we help to anticipate the challenges and opportunities on the horizon shaping a progressive and resilient workforce.

Q1 January - March



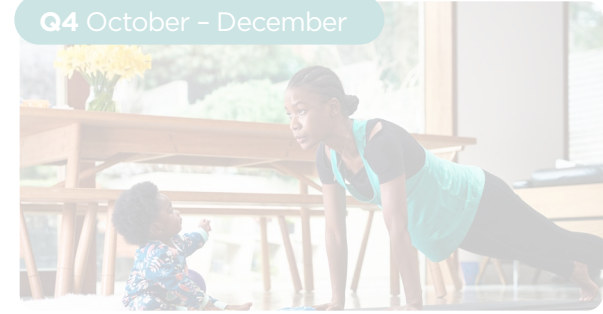
Q2 April - June



Q3 July - September



Q4 October - December



Mental health
Empower your people with mental fitness

Mental health is not solely defined by diagnosing conditions. Instead, it's a spectrum of wellbeing that everyone experiences every day. Being mentally fit is just as vital as being physically fit. By promoting fitness initiatives such as stress management programmes, mindfulness training and coping mechanisms, businesses can contribute to a culture that values and safeguards the psychological health of their workforce.

Inclusive health
Bolster inclusion & create a safe place to work that's good for business

Promoting inclusive health in the workplace is crucial for people from diverse backgrounds to feel valued and respected. It contributes to employee wellbeing by addressing unique health needs and promoting a sense of belonging in the modern workplace. Embracing inclusive health practices enhances overall organisational productivity and employee satisfaction.

Multigenerational workforces
Unlock the potential of an age-diverse workplace

Multigenerational workforces bring a breadth of experiences, perspectives, and skills to the workplace. Each generation possesses unique strengths, and we explore how embracing the diversity within a multigenerational workforce not only enhances productivity but also creates a vibrant workplace where individuals learn from one another, driving the success of the organisation as a whole.

Preventative and proactive health
Elevate business potential through proactive and preventative strategies

Prioritising preventative and proactive health in the workplace is a strategic investment in the wellbeing of employees and overall success of an organisation. By fostering a workplace that prioritises prevention and proactive health, employers not only contribute to the long-term health of their workforce but also mitigate potential healthcare costs and absenteeism, creating a positive and sustainable work environment.

Key Topics

- Engaging men in mental health
- Addressing addiction
- Building resilience through early intervention
- Work-life balance
- Sleep hygiene
- Impact of lifestyle on mental health

New Services

- Digital Wellbeing
- Neurodiversity benefit
- Urgent care

Key Topics

- Neurodiversity in the workplace
- Disability inclusion
- Period health
- Sexual function
- Gender dysphoria
- Fertility

New Services

- LGBTQAI+ support
- Fertility Support
- Expanding our 24/7 support
- Urgent Care benefit
- Bupa Well+

Key Topics

- Young persons mental health
- Digital health solutions
- Diabetes
- Supporting children with mental health
- Carers
- Cancer screening

New Services

- Addiction support
- CAMHS support
- Enhanced data service

Key Topics

- Supporting chronic conditions in the workplace
- The business benefits of preventative healthcare
- Weight management
- Genomics and personalised medicine
- Balanced nutrition
- Heart health

New Services

- Weight management support
- CAMHS pathway
- Personalisation wellbeing support

Horizons Live on 13th February
Addiction doesn't stop at the office door

Horizons LIVE
Fertility: shaping inclusive workplace cultures

Horizons LIVE
Unlocking the potential of a multigenerational workforce

Horizons LIVE
Proactive and preventative health

What to expect in Q1 January - March 2024

Mental health and addiction - we will provide support to help build your health and wellbeing strategy

Key themes

Engaging men in mental health

Addressing addiction

Building resilience through early intervention

January

February

March

Events

New services

Line manager support

Employee support

Awareness dates

Horizons LIVE

Addiction doesn't stop at the office door

1st January

Neurodiversity benefit*

8th January

Digital Wellbeing

Support guides

Articles on mental health

World Cancer Day 4th

National Endometriosis Awareness Month
Neurodiversity Celebration Week 18th - 24th



*Available if you have opted in to this benefit. Please speak to your Bupa account manager or intermediary partner for more details.

Support for you and your HR, wellbeing and line managers.

Thought leadership

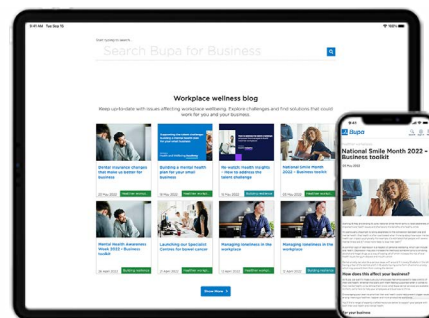


Horizons

HR **Leaders** **Wellbeing teams**

Quarterly events and monthly articles bringing together industry experts, innovators, and thought leaders. We'll explore the emerging trends, cutting edge technologies and evolving practices in healthcare.

Helpful perspectives



Workplace Health and Wellbeing Blog

Wellbeing teams **Leaders** **HR**

Our blogs and newsletters keep our clients and intermediaries up-to-date with the latest news and issues affecting workplace wellbeing.

Practical resources



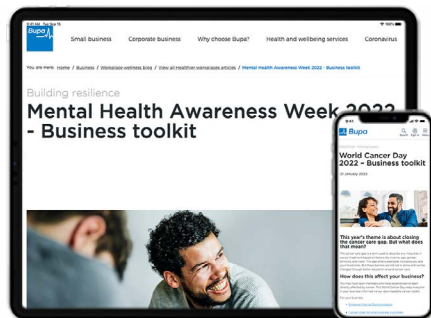
Workplace Health and Wellbeing Academy

Wellbeing teams **Line managers** **HR**

Line manager guides, 90 minute training sessions and bitesize modules offering practical support, training, and resources to assist your wellbeing teams and line managers in managing health and wellbeing in the workplace.

Support for your employees to engage in health and wellbeing.

Raising awareness

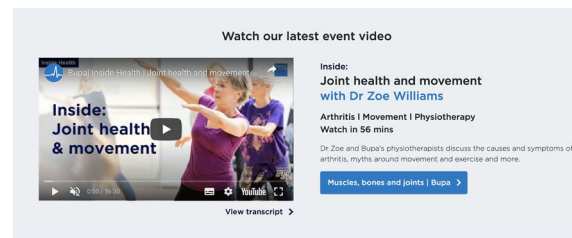


Health Awareness Day Toolkits

Employees

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

Promoting healthier living

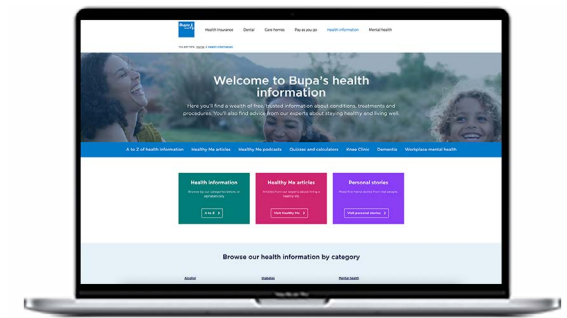


Inside Health

Employees

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

Trusted guidance



Health Information

Employees

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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