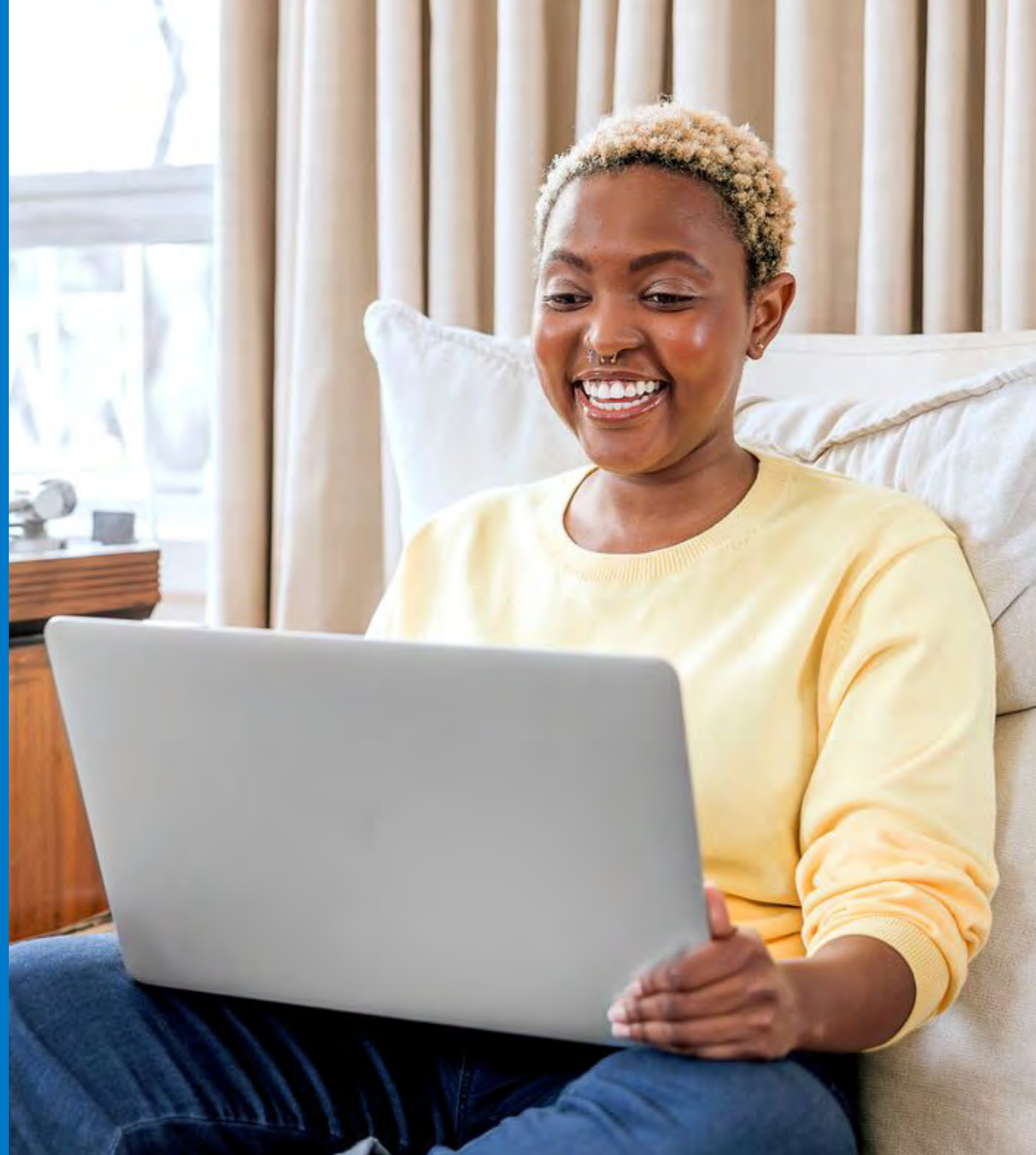




Workplace Health and Wellbeing Calendar 2024.

Bupa. Better for business

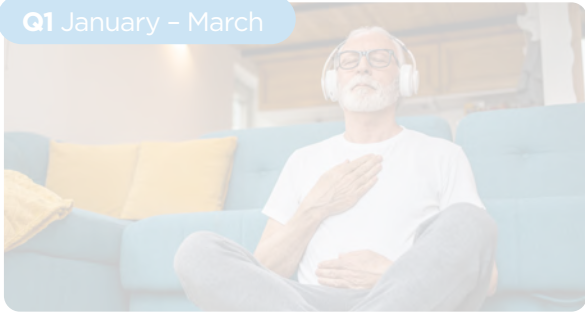


Helping you plan for Q3.

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.



Q1 January - March



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.

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

Horizons Live on 13th February

Addiction doesn't stop at the office door

Q2 April - June



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.

Key Topics

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

New Services

- Bupa Well+

In Development

- LGBTQ+ support
- Fertility Support
- Expanding our 24/7 support

Horizons Live on 8th May

Family and fertility

Q3 July - September



Young person's mental health

Supporting parents and caregivers in the workplace

The mental health of children can have a profound effect on parents and caregivers in the workplace. Concerns over a child's wellbeing can lead to increased stress and anxiety, which may affect performance and engagement at work. Employers who recognise and support the mental health needs of their employees' families can help alleviate some of these pressures, championing a more supportive and productive work environment.

Key Topics

- Young person's mental health
- Eating disorders
- Depression
- Anxiety
- Caregiver's mental health
- Obsessive-compulsive disorder (OCD)

New Services

- Young person's mental health support

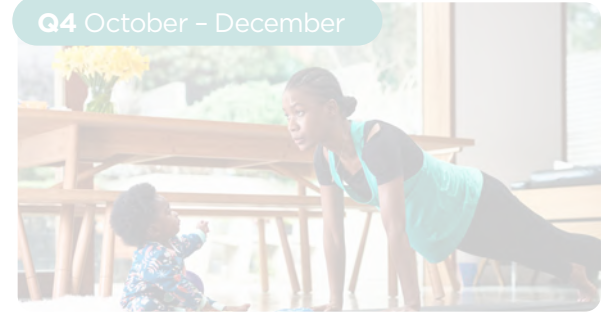
In Development

- Addiction support
- LGBTQ+ support
- Fertility support

Horizons Live on 12th September

Young person's mental health and the impact on the workforce

Q4 October - December



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

- 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

Proactive and preventative health

What to expect in Q3 July - September 2024

Young person's mental health - we will provide support to help build your health and wellbeing strategy

Key themes

Young person's mental health

Eating disorders

Depression

Anxiety

Caregiver's mental health

July

August

September

Events

New services

Line manager support

Employee support

Awareness dates

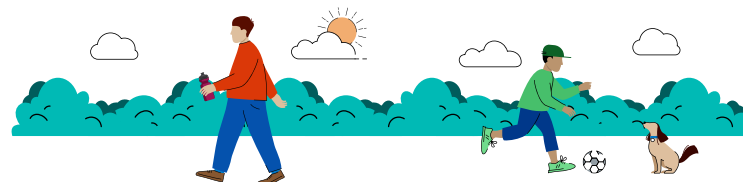


Young person's mental health support

Bitesize Academy videos

Support guides

Articles on young person's mental health



Know Your Numbers Week 9th-15th
UK National Inclusion Week 23rd - 29th

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

Thought leadership

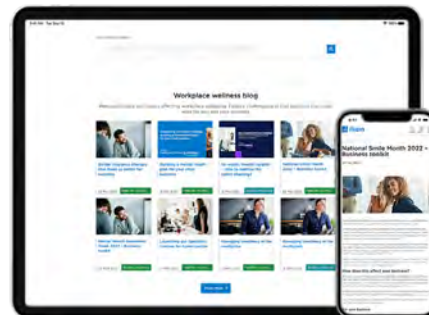


Health Horizons

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



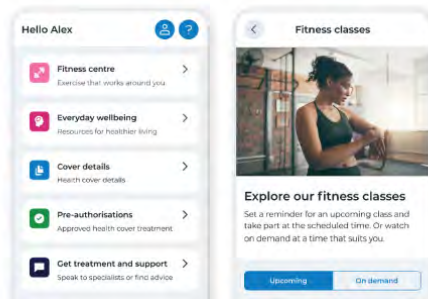
Bupa Academy

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.

Digital wellbeing



Mind and body wellbeing services

Employees

Explore resources to help you take care of your health and wellbeing. It's for all Bupa UK health insurance and trust members over 16 years old.

Promoting healthier living

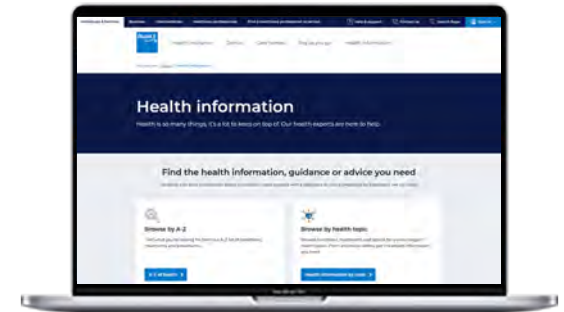


Inside Health

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.

Bupa. Better for business

