



# Workplace Health and Wellbeing Calendar 2025.

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.



# Workplace Wellbeing Hub

Our Workplace Wellbeing Hub is your go-to place for line manager and employee support.

The Wellbeing Hub is constantly being updated with new and relevant materials to positively impact and inform every audience. **The hub is split into health and wellbeing themes** to make it easier to find the information you're looking for, including:

- Inclusive workspaces
- Mental health
- Neurodiversity support
- Cancer support
- Men's health
- Women's health
- Muscle, bone, joint conditions
- Promoting healthy lifestyles





Q1 January - March



## The future of health is here

Living longer in better health

Advancements in preventative health programs, such as **genomics** and **precision medicine**, enable **early detection and treatment of health issues**. By promoting these innovations, businesses could enhance employee well-being, boost productivity and foster a positive workplace culture, **ultimately attracting and retaining top talent**.

### Services

- ConnectedCare

### Key Topics

- Preventative healthcare
- Future of healthcare
- Genomics

## Health Horizons Live

The future of health is here, and it's personalised

Q2 April - June



## Addiction

The importance of taking action

Many addiction problems **remain hidden** in the workplace, as employees may not seek help due to stigma. Presenteeism costs UK businesses **significantly more** than absenteeism<sup>(1)</sup>, resulting in an annual productivity **loss of £42 billion**<sup>(2)</sup>. By better supporting your people to seek help for mental health and addiction support, employers can foster a **healthier, happier and productive workforce**.

### Services

- Young Persons Mental Health
- Addiction pathway
- JAAQ

### Key Topics

- Addiction
- Cycle of addiction and mental health
- Dopamine economy

## Health Horizons Live

Hidden addictions with the impacts in plain sight

Q3 July - September



## Inclusive health

Inclusion drives better business performance

Prioritising **neurodiversity** through an **inclusive health strategy** helps to ensure employees build resilience and managers are equipped to **cultivate a thriving culture** that can **deliver results**.

### Services

- **Inclusive Health**
- Neurodiversity assessment and support
- Period & menopause plans
- Sexual function and health checks
- Fertility checks and assisted fertility
- Gender dysphoria

### Key Topics

- Neurodiversity
- Inclusive workplace cultures

## Health Horizons Live

How neuroinclusive is your workplace?

Q4 October - December



## Cancer

Beating cancer at work and home

With **50% of cancer diagnoses** occurring in **working-age** individuals<sup>5</sup>, businesses must adopt holistic support strategies. Implementing flexible working arrangements, phased return-to-work programs, mental health support, and reasonable role adjustments can help **employees manage their health whilst maintaining productivity**. This approach cultivates a compassionate and resilient workforce.

### Services

- Chronic - Specialist support and new specialist pathways including coaching

### Key Topics

- Cancer and tech
- Chronic cancer care

## Health Horizons Live

Tech transformation is coming for cancer

# What to expect in Q3 July - September 2025

Inclusive health - we'll provide support to help to build your workplace health and wellbeing strategy

## Key themes

Neurodiversity

Inclusive health

July

August

September

### Events

### New services

Neurodiversity Inclusive Health Hub

Blueprint videos

JAAQ  
(Just ask a question)

### Line manager support

Resources to reinforce the importance of understanding neurodivergent conditions to enable an inclusive workplace

Support guides

Bitesize Academy videos

### Employee support

Resources to help your employees maintain their health and wellbeing.

Support guides

Support Videos/Podcasts:

### Awareness dates

Key health and wellbeing dates to look out for in Q3.

World Humanitarian Day 19<sup>th</sup> August

Stand Up To Cancer Day 12<sup>th</sup> September  
UK National Inclusion Week 29<sup>th</sup> September – 5<sup>th</sup> October



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

## Thought leadership

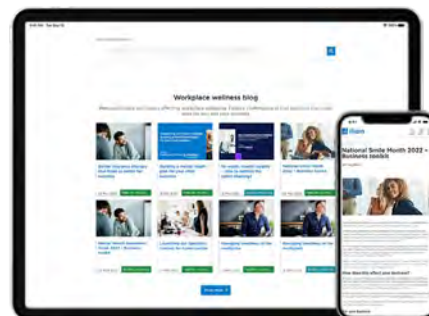


## Health Horizons

**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



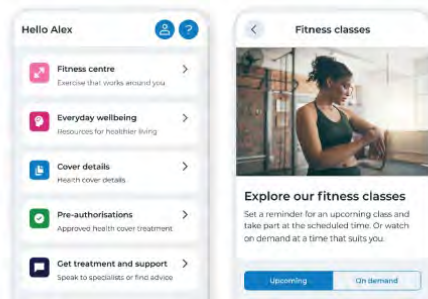
## Bupa Academy

**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

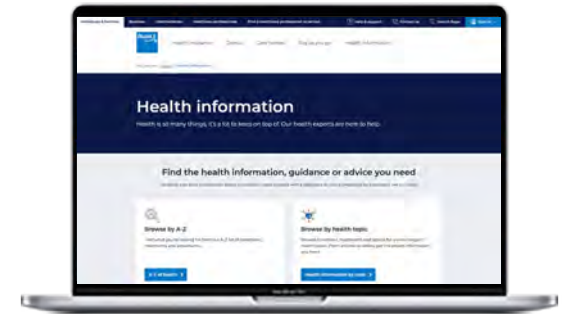


## Inside Health

### 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.

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