



Workplace Health and Wellbeing Calendar 2025.

Bupa. Better for business



Helping you plan for Q2.

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
- The future of health
- 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⁽¹⁾, resulting in an annual productivity **loss of £42 billion**⁽²⁾. 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 diversity and inclusion helps managers **drive superior performance** and cultivate a thriving organisational culture.

Services

- Inclusive Health Workplace Support including LGBTQ+ Support and Fertility Support

Key Topics

- Fertility
- LGBTQ+ support
- Disability inclusion in the workplace

Health Horizons Live

LGBTQ+ inclusion goes beyond pride

Q4 October - December



Cancer

Beating cancer at work and home

With **50% of cancer diagnoses** occurring in **working-age** individuals⁵, 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 Q2 April - June 2025

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

Key themes

Addiction

Mental Health

	April	May	June
Events			
New services			JAAQ Just ask a question
Line manager support Resources to reinforce the importance of preventative health and wellbeing to your employees	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 Q2.	Stress Awareness Month Alcohol Awareness Month World Health Day 7 April	Mental Health Awareness Week 12 - 18 May	National Cancer Survivors Day 1 June Men's Health Week 9 - 15 June

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

Thought leadership

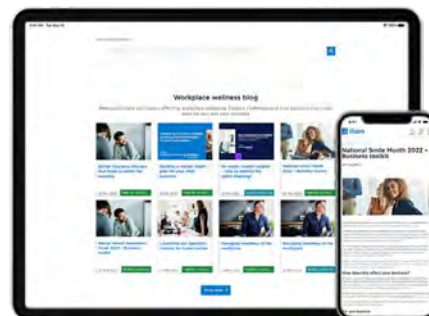


Health Horizons

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



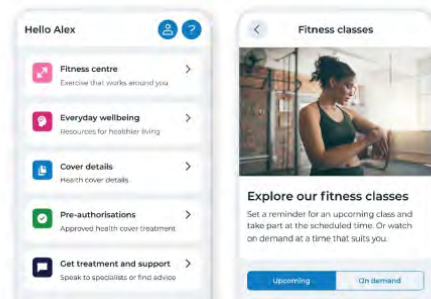
Bupa Academy

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

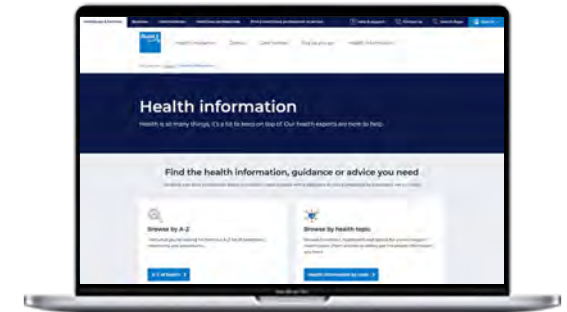


Inside Health

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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