

**Workplace health and wellbeing.  
Better for business**



**The period support  
your team are looking for**

# Period support for your team. What it means for business.

## 6 million

sick days each year in the UK can be attributed to heavy and painful periods.<sup>1</sup>

Heavy, painful and irregular periods can be severely disruptive to your team's mental and physical wellbeing. It means they're less likely to feel and perform at their best and more likely to take time off work.

We'll give your people access to fast, confidential and expert period support when they need it most. This could help boost your team's engagement and reduce their work absence.

**That's better for business.**



**Potential to improve productivity**  
and reduce absenteeism with fast access to period support to help employees manage symptoms.



**Attract and keep your top talent**  
by making sure your employees feel supported with their period health.



**Remove barriers to progression**  
and help close the gender pay gap, by making sure employees perform at their best.



**Achieve your cultural goals**  
and create a healthier, happier team with a more inclusive work environment.

<sup>1</sup>Public Policy Projects, A Women's Health Agenda: Redressing the Balance. 2022.

# Tailored period care.

## What it means for your people.

### 7 in 10

women (69%) who have experienced symptoms from menstruation report that they have had a negative impact at work.<sup>1</sup>

Your employees don't have to face period problems alone. We'll provide fast access to tailored guidance from empathetic GPs who really understand their symptoms and concerns.

The Period Plan appointment offers a longer amount of time with reliable information and NICE (National Institute for Health and Care Excellence) approved management for periods. This means you're giving your team the power to perform at their best with period support suited to their individual needs.

Period Plan available in selected Bupa centres.

**That's better for business.**

<sup>1</sup><https://www.cipd.org/uk/knowledge/reports/menstruation-support-at-work>

\*The cost of the prescription isn't covered by the health scheme and your employee will need to cover this. The cost is variable depending on the type of medication and the prescribing pharmacy.



#### A GP who listens

45 minutes with a GP who really understands period symptoms, concerns and next steps.



#### A plan of action

A personalised care plan designed around your employee's specific needs.



#### Helpful next steps

If needed, we can provide a private prescription\* which your employee pays for themselves. Or, if appropriate, an onward referral.



#### Ongoing support

15-minute follow-up appointment – over the phone or face to face. Plus, 24/7 support from our Bupa nurses for a year.

# How your team's Period Plan benefit works.



## Step one

Your employee contacts our customer service team\* who'll authorise the Period Plan and book them in.



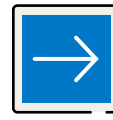
## Step two

On the call, they'll be booked into a centre of their choice.



## Step three

Once booked, your employee will receive a confirmation email and a link to a pre-appointment questionnaire.



## Step four

After attending the consultation, a Bupa GP will create a personalised period care plan for your employee and discuss next steps.

**Please speak to your Bupa account manager or intermediary partner for more information.**



## Supporting employees through next steps.

- They could receive a private prescription, a referral to another clinician, or guidance on lifestyle changes.
- They'll have 24/7 access to our Anytime HealthLine, which is our nurse-led helpline for any period-related concerns they may have.
- A 15-min follow-up with a Bupa GP. This flexible appointment can be face to face or via phone.

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