Workplace Health and Wellbeing Calendar 2022.

Bupa. Better for business
Helping you plan for Q3

Health and wellbeing at work has never been more important and the demands on employers to support their people have never been greater. That’s why we’ve created a programme of health and wellbeing content and events to support you. From line manager and HR team training and resources, to trusted information that helps your people be more in control of their health. All backed by the clinical expertise of Bupa.

If you have any queries please speak to your Account Manager for more information.

For the latest news and updates, take a look at our dedicated page. Click here >

### Building Healthier Workplaces

<table>
<thead>
<tr>
<th>Q1 January – March</th>
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<tbody>
<tr>
<td>Building Healthier Workplaces</td>
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<tr>
<td>An engaged, productive and successful team starts with good health and wellbeing. We’ll explore how employers can use their unique role in their employees’ lives to help them be more in control of their health. From safer working at home, to addressing unsafe drinking or poor diet.</td>
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<tr>
<td>• Behavioural insights in the workplace.</td>
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<td>• Addictive behaviours.</td>
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<td>• Safer workplaces everywhere.</td>
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<tr>
<td>• Sustainability</td>
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### The Talent Challenge

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<th>Q2 April – June</th>
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<td>The Talent Challenge</td>
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<tr>
<td>Never has competition been fiercer to attract and retain the best talent in your company. With health and wellbeing at work being an increasingly important driver for people, we will look at how to create a culture that supports this.</td>
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<tr>
<td>• Critical role of line manager &amp; leader.</td>
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<td>• Benefits of a culture of inclusion.</td>
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<td>• Multi-generational workforces.</td>
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### Diversity Dividend

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<th>Q3 July – September</th>
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<tr>
<td>It is being recognised more and more that diverse organisations consistently outperform their less diverse counterparts. Increased diversity brings with it different health and wellbeing needs across your workforce. We will delve into how those varying needs can best be met.</td>
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<tr>
<td>• The value of a neurodiverse workforce.</td>
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<tr>
<td>• Minority health and wellbeing needs.</td>
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<tr>
<td>• Addressing ableism in the workplace.</td>
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<td>• Women’s and men’s health.</td>
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### Building Productivity through Wellbeing

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<th>Q4 October – December</th>
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<td>Building Productivity through Wellbeing</td>
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<tr>
<td>When your teams feel safe and in good mental health this often leads to better agility and resilience through change. It also supports an environment of innovation and productivity that is crucial in disruption. We’ll explore how you can support the resilience and wellbeing of your people.</td>
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<tr>
<td>• Building resilience for disruption.</td>
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<td>• High performance anxiety.</td>
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<td>• Managing absenteeism.</td>
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July - September 2022

What to expect in Q3

Key themes
- The value of a neurodiverse workforce
- Minority health and wellbeing needs
- Addressing ableism in the workplace
- Women’s and men’s health
- Diversity dividend
- Support we will provide to help build your health and wellbeing strategy

Events
- Line manager support
- Employee support

Support we will provide for your people's health and wellbeing

Diversity dividend
Support we will provide to help build your health and wellbeing strategy

July
- Bitesize Academy modules
  - Menopause, Period health
- Manager’s guides
  - Supporting men’s health

August
- Manager’s guides
  - Supporting neurodiversity in the workplace
- Workplace Health Insights LIVE
  - Diversity dividend

September
- Bupa Academy training sessions
  - Women’s health | Men’s health
- Manager’s guides
  - Supporting employees through the menopause
- Inside:Health
  - Cancer
- Trust health information and advice
  - bupa.co.uk/health-information
- Cancer toolkit
  - July 2022

Health awareness events we’ll help you deliver

Cancer toolkit
July 2022

Know Your Numbers Week - Heart health
5 - 11 September 2022
Support for you and your HR, Wellbeing and line managers

Quarterly events and monthly articles providing future insights for the workplace of tomorrow – all designed to keep businesses one step ahead.

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

Over 110 blogs and an exclusive client and intermediary newsletter keeping businesses up-to-date with the latest news and issues affecting workplace wellbeing.
Support for your employees to engage in health and wellbeing

RAISING AWARENESS

Health Awareness Day Toolkits

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

Clients > Intermediaries >

PROMOTING HEALTHIER LIVING

Inside:Health

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

Videos > Articles >

TRUSTED GUIDANCE

Health Information

Over 375 health information pages including tools and calculators sharing trusted information about conditions, treatments, and procedures; reviewed by experts, written in plain English.

Find out more >
Thank you.

Contact your Account Manager for more information.

Bupa. Better for business