



Workplace Health and Wellbeing Calendar 2022.

Bupa. Better for business



Helping you plan for Q4

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 >](#)

Q1 January – March



Building Healthier Workplaces

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.

- Behavioural insights in the workplace.
- Addictive behaviours.
- Safer workplaces everywhere.
- Sustainability

Q2 April – June



The Talent Challenge

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.

- Critical role of line manager & leader.
- Benefits of a culture of inclusion.
- Multi-generational workforces.

Q3 July – September



Diversity Dividend

It is being recognised more and more that diverse organisations consistently outperform their less diverse counterparts.¹ 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.

- The value of a neurodiverse workforce.
- Minority health and wellbeing needs.
- Addressing ableism in the workplace.
- Women's and men's health.

Q4 October – December



Building Productivity through Wellbeing

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.

- Building resilience for disruption.
- High performance anxiety.
- Managing absenteeism.

¹ <https://www.mckinsey.com/featured-insights/diversity-and-inclusion/diversity-wins-how-inclusion-matters>



October - December 2022

What to expect in Q4

Key themes

Building resilience for disruption

High performance anxiety

Managing absenteeism



Publication



Webinar

Diversity dividend

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

Events

Workplace Health Insights LIVE

Building productivity through wellbeing

Line manager support

Bitesize Academy modules Children's mental health, Burnout, Neurodiversity, Disability inclusion, Supporting transgender individuals
Core Academy Modules Cancer, Mental health, MSK (musculoskeletal), Women's Health

Manager guide

Helping shy and socially anxious colleagues

Manager guide

Opening up about mental health

Manager guide

Tackling presenteeism at work

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

Employee support

Inside Health spotlight

Arthritis; Alcohol management

Inside Health event

Men's Health

Trusted health information and advice

bupa.co.uk/health-information

Health awareness events we'll help you deliver

Back Care Awareness Week 3rd-7th
World Mental Health Day 10th
World Menopause Awareness Day 18th

Movember November 2022

International Day of People with Disabilities 3rd



Support for you and your HR, Wellbeing and line managers

THOUGHT LEADERSHIP



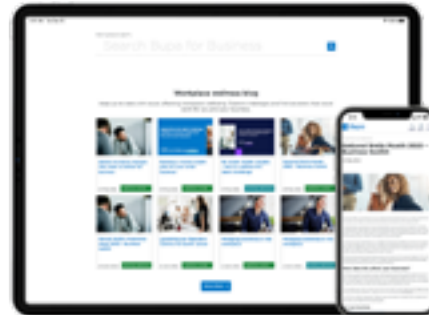
Workplace **Health Insights**

[Wellbeing teams](#) [Leaders](#) [HR](#)

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

[Find out more >](#)

HELPFUL PERSPECTIVES



Workplace **Health and Wellbeing Blog**

[Wellbeing teams](#) [Leaders](#) [HR](#)

Over 110 blogs and an exclusive client and intermediary newsletter keeping businesses up-to-date with the latest news and issues affecting workplace wellbeing.

[Clients >](#)

[Intermediaries >](#)

PRACTICAL RESOURCES



Workplace **Health and Wellbeing Academy**

[Wellbeing teams](#) [Line managers](#) [HR](#)

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.

[Find out more >](#)



Support for your employees to engage in health and wellbeing

RAISING AWARENESS



Health Awareness Day Toolkits

Employees

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

[Clients >](#)

[Intermediaries >](#)

PROMOTING HEALTHIER LIVING



Inside Health

Employees

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

[Videos >](#)

[Articles >](#)

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.

[Find out more >](#)



Thank you.

Contact your Account Manager
for more information.

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