Workplace Health and Wellbeing Calendar 2023.

Bupa. Better for business
Helping you plan for Q1

Bupa can help keep businesses one step ahead of employees' healthcare needs – through content, support and innovative tools and services that are good for the mind, health and the planet. And ultimately, better for business. That's why we've created a programme of health and wellbeing content, events and training 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 >

Workplace wellbeing as diverse as your talent

As the recruitment and talent gap become more challenging, we explore how employers can benefit from a diverse workforce - from thinking differently, increased creative skills and increased empathy. We look at how businesses can retain and grow a diverse workforce with varying health needs, making sure everyone feels welcomed and valued in their roles, leading to a healthier happier workforce.

Q1 January – March

Prevention Revolution

More people than ever are leaving the workforce due to chronic health conditions, resulting in the greatest ever number of economically inactive people in the UK. We explore how employers can help fill the void by supporting people back into the workplace, providing access to treatment, training and on-demand resources.

Healthy Planet, Healthy People

Bupa are setting new sustainability standards for healthcare with circular healthcare, digital products and a focus on prevention, because greener healthcare is better for people and businesses, as well as the planet. With initiatives such as green spaces, preventative healthcare keeping employees healthy and active, employers will have less requirement for their healthcare services in the first place.

Engaging everyone with mental wellbeing

Poor mental health costs UK employers up to £56 billion a year. With an increase in a younger demographic making up the workforce, and hybrid working considered a barrier to career progression, we spotlight how businesses can truly engage younger males for their mental health initiatives. This group, who are least likely to discuss their mental health with their peers, are seeking help from unverified sources and worryingly, are the group where suicide has increased by the largest amount.

Q2 April – June

Q3 July – September

Q4 October – December

• Supporting chronic conditions in the workplace
• The benefits of preventative healthcare
• Managing absenteeism
• Importance of healthier lifestyles

• Understanding the environmental impact of healthcare
• The potential for innovation and digital in healthcare
• One Health – people and planet health
• Building circular healthcare

• Engaging men in mental health
• Addressing anxiety in an uncertain world
• Building resilience through early intervention


• The value of an age-diverse workforce
• Neurodiversity in the workplace
• Disability inclusion
• Women's health
• Gender dysphoria

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# What to expect in Q1 January - March 2023

## Key themes
- The value of an age diverse workforce
- Neurodiversity in the workplace
- Disability inclusion
- Women's health
- Gender Dysphoria

## Events
- **Bitesize Academy modules**
  - Neurodiversity, Disability inclusion, Supporting transgender individuals
- **Core Academy modules**
  - Cancer, Mental health, MSK (musculoskeletal), Women's Health

## Line manager support
- Support we will provide for your people's health and wellbeing
- **Manager guide**
  - Supporting neurodiversity in the workplace
  - Supporting menopause in the workplace
  - Disability inclusion in the workplace

## Employee support
- Health awareness events we'll help you deliver
- **Employee Bitesize videos**
  - Oral cancer

## Dental
- **Employee Bitesize videos**

## Workforce wellbeing as diverse as your talent - Support we will provide to help build your health and wellbeing strategy

<table>
<thead>
<tr>
<th>Key</th>
<th>January</th>
<th>February</th>
<th>March</th>
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<tbody>
<tr>
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<td>Gut health</td>
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<td><strong>World Cancer Day</strong></td>
<td>4th</td>
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<td>Neurodiversity Celebration Week - 13th-19th</td>
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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 the year* supporting businesses in shaping comprehensive health and wellbeing campaigns.

**PROMOTING HEALTHIER LIVING**

Inside Health

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

**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.

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