



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 >](#)



Q1 January – March



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.

Key Topics

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

Proposition Developments

Inclusive Health

- **Neurodiversity** - neurodiversity toolkit and trial for ADHD & Autism support
- **Gender Dysphoria** - including gender affirmation surgery
- **Women's Health** - menopause plan & period pathway

Q2 April – June



Engaging everyone with mental wellbeing

Poor mental health costs UK employers up to £56 billion a year¹. 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 employees, particularly men, with their mental health initiatives.

Key Topics

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

Proposition Developments

Workplace Mental Health Advantage

- **Men's mental health** - new tailored service
- **JAAQ** - mental health engagement campaign
- **PMI/EAP** - better integration of the services
- **Data** - new data service to include predictive analytic
- **Wellbeing+** - our whole of workforce proposition

Q3 July - September



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.

Key Topics

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

Proposition Developments

Sustainable Health

- **Bluea** - expanding our digital healthcare services
- **Nutrition Coaching** - helping members improve their diet
- **Healthy Cities** - helping businesses encourage their employees to get active

Q4 October – December



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.

Key Topics

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

Proposition Developments

Proactive Health

- **Personal Coaching** - remote or onsite health & wellbeing coaching
- **Digital wellbeing** - a digital wellbeing proposition embedded into Bupa Touch
- **JAAQ** - workplace wellbeing engagement platform

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



Publication



Webinar

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

January

February

March

Events

Workplace Health Insights LIVE

Inclusive health for progressive businesses

Line manager support

Bitesize Academy modules Neurodiversity, Disability inclusion, Supporting transgender individuals

Core Academy modules Cancer, Mental health, MSK (musculoskeletal), Women's Health

Manager guide

Supporting neurodiversity in the workplace

Manager guide

Supporting menopause in the workplace

Manager guide

Disability inclusion in the workplace

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

Employee support

Inside Health event

Breast cancer

Inside Health event

Gut health

Trusted health information and advice

bupa.co.uk/health-information

Dental

Employee Bitesize videos

Oral cancer

Health awareness events we'll help you deliver

World Cancer Day 4th

Neurodiversity Celebration Week - 13th-19th
National Endometriosis Awareness - Month
World Oral Health Day - 20th

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

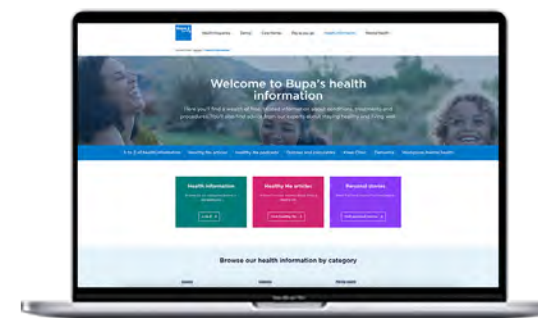
Employees

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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