



# Workplace Health and Wellbeing Calendar 2023.

**Bupa. Better for business**



# Helping you plan for Q3

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 Bupa Account Manager or Intermediary Partner for more information.**



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 year<sup>1</sup>. 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 analytics

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. We share how we are pioneering a more sustainable healthcare system and how employers can encourage their teams to adopt preventative healthcare measures that also look after the planet.

### Key Topics

- Pioneering a more sustainable healthcare system
- Accelerating digital healthcare services
- Prevention is better for our planet and people

### Proposition Developments

#### Sustainable Health

- **Blua** - 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
- **Next Gen** - our whole of workforce proposition

# What to expect in Q3 July - September 2023

## Key themes

Pioneering a more sustainable healthcare system

Accelerating digital healthcare services

Prevention is better for planet and people



Publication



Webinar

Healthy Planet, Healthy People - Support we will provide to help build your health and wellbeing strategy

Events

Line manager support

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

Employee support

Dental

Health awareness campaigns we'll help you deliver

July

August

September

Sustainability articles

Manager guide  
Sustainable workplaces

Coming soon

Know Your Numbers 4<sup>th</sup> - 10<sup>th</sup>



# Support for you and your HR, Wellbeing and line managers

## Thought Leadership

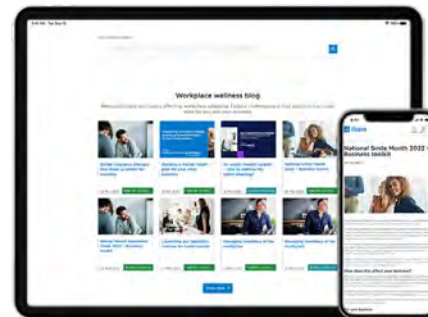


### Workplace **Health Insights**

**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.

## 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.

## Practical Resources



### Workplace **Health and Wellbeing Academy**

**Wellbeing teams** **Line managers** **HR**

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

# 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.

## Promoting Healthier Living

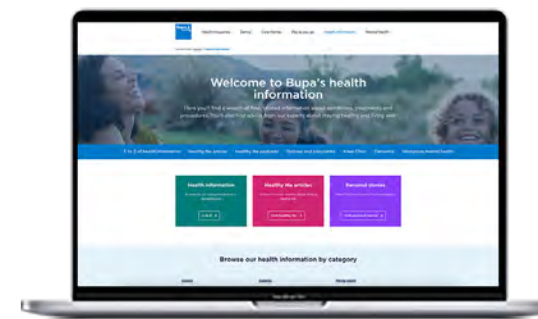


## Inside Health

Employees

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

## 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.



# Thank you.

Contact your Account Manager or  
Intermediary Partner for more information.

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