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.

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.

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 employees, particularly men, with their mental health initiatives.

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.

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

- 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

- 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

- 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

- 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

Q1 January - March

Q2 April – June

Q3 July - September

Q4 October – December

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

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

July
- eco-Disruptive Live
  12th July, London

August
- Bitesize Academy modules
  Heart health, diabetes, work-related stress, suicide
- Core Academy modules
  Cancer, mental health, musculoskeletal (MSK), women's health

September
- Workplace Health Insights LIVE
  Healthy people, healthy planet

Events
- Line manager support
  Setting healthy workplace goals
- Manager guide
  Volunteering: how can it help your team?
- Manager guide
  Sustainable workplaces

Line manager support
- Employee support
  10 healthy changes to be more sustainable, Healthy and sustainable homeworking habits,
  How to change your behaviour to be more sustainable, Turning eco-anxiety into positive action

Employee support
- Dental
  Dental anxiety, your questions answered

Dental
- Sustainability articles

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

Health awareness campaigns
- We'll help you deliver

Manager guide
- Know Your Numbers 4th - 10th
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.

Wellbeing teams, Line managers, HR

Wellbeing teams, Leaders, HR

Wellbeing teams, Line managers, HR

Find out more >
Support for your employees to engage in health and wellbeing

**Raising Awareness**

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

**Promoting Healthier Living**

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

**Trusted Guidance**

- 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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