

# Workplace Mental Health Advantage



## At its core

### Embedding a culture that champions wellbeing through:

- behavioural insights to understand and influence your clients' wellbeing culture
- training for your clients' line managers and HR teams
- effective and easy to manage health awareness campaigns
- data that helps clients understand and track their workplace mental health

### Proactive engagement with wellbeing services through:

- access to the innovative JAAQ platform
- clinically-proven and self-directed digital CBT service
- tailored engagement services for remote and non-office workers

### Market leading support when people need it most through:

- convenient, in-person, digital or phone-based care
- access to a mental health therapist within 10 days through Bupa Clinics
- no time limits and ongoing support, plus the most comprehensive mental health cover in the market\*

## Add-ons at an additional cost

### Upgraded data and insight package

A deep dive into clients' behavioural science. This unlocks a deeper understanding of your clients' wellbeing culture to help them make positive changes.



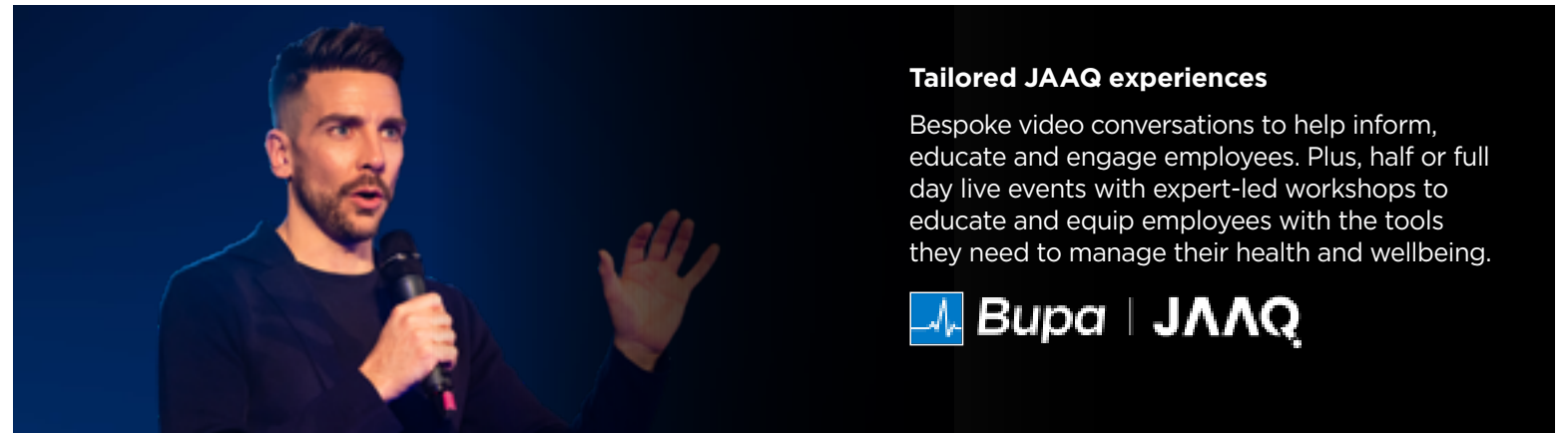
### Coaching

Nutrition and lifestyle coaching. Our coaching supports people to engage in positive lifestyle choices, reducing the impact of poor health on businesses. Includes three 30-minute coaching sessions per policy year.



### Single point of access

A single access point to mental health services. This makes it easy for employees to access the support they need and the best treatment.



### Tailored JAAQ experiences

Bespoke video conversations to help inform, educate and engage employees. Plus, half or full day live events with expert-led workshops to educate and equip employees with the tools they need to manage their health and wellbeing.



\*As of February 2023, this comparison to other products in the market is based on Bupa's and Defaqto's interpretation of the differences between the Bupa's Corporate Select health insurance and other health insurance products offering mental health cover. The comparison excludes any special offers or promotions which may temporarily alter the cover offered. Cover comparison information is for personal use and guidance only and does not constitute any contractual representation, warranty or obligation by either Bupa or Defaqto about the completeness, accuracy, reliability, suitability or availability of the comparison. Neither party accepts any liability for errors, omissions, direct or consequential loss in relation to this comparison. To see how we compare, visit [bupa.co.uk/-/media/files/mms/bins-02825](https://www.bupa.co.uk/-/media/files/mms/bins-02825).

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