



Introducing Digital Wellbeing



We believe that all your colleagues should have access to wellbeing resources whenever they need them. So, we've put a wealth of tools together at their fingertips.

Using Bupa Touch, they can access expert-approved resources to suit all needs and abilities, all in an app they already know.

For a healthier, happier, more productive team

1,500 gym and fitness classes

16 mindfulness programmes

40 health topics, from healthy eating to parenting

All included as part of your health scheme

Share your team's new health tools with them. We've put together an email to help get them onboard.

[Download the email](#)



Accessing Digital Wellbeing

Your team's new Digital Wellbeing tools are live and ready to use **via Bupa Touch**.

[Download or login](#)

Contact your account manager to find out more

[0345 755 3322](tel:03457553322)

Lines are open 8.30am to 6pm Monday to Friday. We may monitor your calls.

[Open this email in browser](#)

We'd love to let you know more about Bupa products and services. We'll only use your details to contact you about services you've asked about or information you've agreed to receive. If you'd rather **not** receive marketing emails from us, please [unsubscribe here](#).

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