

Nutrition and lifestyle coaching

Want to think more carefully about your overall nutrition? Whether it's creating measurable targets or you need extra confidence to make some lifestyle changes, we're here. Check out the factors that can often impact nutritional choices and leave with lasting advice you can use every day.



What's included?



5 modules for you to choose

- You have the option to choose from a range of modules to help keep you on track to achieve your nutrition goal
- Each module comes equipped with a self-help video, offering advice and tools to help inform and inspire

These modules include:

- Nutrition for weight management
- Nutrition for healthy gut
- Nutrition for healthy heart
- Nutrition for sporting performance
- Nutrition for vitality



Your consultation

- 30 minutes with a Lifestyle Coach or a Health Adviser to cover your current health and nutrition
- Explore how both diet and exercise go hand in hand and how these can impact and improve your nutritional health
- A closer look at your wellbeing
- Create a nutritional action plan ready to take away on the day
- Access to content on Bupa.co.uk and further guidance, where appropriate



Ongoing support

- Two 30 minute follow-ups
- Review your personalised action plan, as necessary
- Explore any of other nutrition modules available, as appropriate

Your nutritional check ins.

- 30 minute initial call
- 2x 30 minute follow-ups



Bupa health and wellbeing plans are provided by Bupa Occupational Health Limited. Registered in England and Wales No. 631336. Registered office: 1 Angel Court, London EC2R 7HJ.

Bupa health trusts are administered by Bupa Insurance Services Limited. Registered in England and Wales No. 3829851. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa Insurance Limited. Registered in England and Wales No. 3956433. Bupa Insurance limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Bupa Insurance Services Limited is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales No. 3829851. Registered office: 1 Angel Court, London EC2R 7HJ