

# Module overview: MSK (musculoskeletal)

The health and wellbeing of your workforce has never been so important. We've created the Academy to provide clinical insights and expertise to help organisations define and deliver their wellbeing strategies.

We're here to help you build a more resilient, happier and healthier workplace where everyone can thrive.

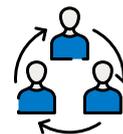
## The Academy provides:



**Exclusive access** to clinical insights on healthcare trends in society and in the workplace.



**Expert thinking** from leading Bupa clinical and healthcare experts with frontline experience.



**Opportunity to collaborate** with Bupa clinicians and wellbeing experts to build actionable plans from health awareness campaigns to people policies.

## What you can expect from this module

The move to hybrid working has vastly exacerbated musculoskeletal problems resulting not only in health issues for employees, but loss of productivity and risk issues for employers to manage.

With MSK conditions accounting for more than a quarter of Bupa member claims, it is vital organisations recognise their role in helping to prevent the potential impacts that hybrid working can present and minimise further risks.

By understanding the key MSK challenges employers can be better equipped to support their people to access the right care and avoid the risks of unnecessary surgery that often leads to long-term sickness and work absences.

This module will be delivered as a 90-minute live session, hosted by a Bupa clinician and your Bupa account manager who will share:

- Insight into MSK conditions and their impact on the workforce
- Expertise on how to identify and support employees facing MSK challenges
- An understanding in how to minimise further risks
- How MSK conditions can impact the rest of your health
- The legal duty of care that employers have to ensure the safety, health and welfare of employees
- Education, tools, and resources to support colleagues with MSK condition

Almost  
**1/3**

Almost one third of the population, have a MSK condition such as arthritis or back pain<sup>1</sup>

**1 in 3**

One in three employees with long-term conditions have not discussed it with their employer

**1 in 10**

1 in 10 current UK employees have an MSK condition<sup>3</sup>



Combined costs from worklessness and sickness absence in the UK amount to around £100 billion annually<sup>2</sup>

To book a session please speak to your Account Manager or email [TheBupaAcademy@bupa.com](mailto:TheBupaAcademy@bupa.com)



1. NHS England <https://www.england.nhs.uk/elective-care-transformation/best-practice-solutions/musculoskeletal/#:~:text=Over%2020%20million%20people%20in,quality%20of%20life%20and%20independence>  
 2. <https://versusarthritis.org/media/embkyapu/the-state-of-musculoskeletal-health-2024.pdf>  
 3. <https://versusarthritis.org/media/duybjusg/versus-arthritis-state-msk-musculoskeletal-health-2023pdf.pdf>