

A close-up portrait of a Black woman with her eyes closed and a wide, joyful smile. She is wearing a purple and yellow patterned headwrap. The background is a solid blue color.

Be.Well

The door to a healthier, happier team.

For your team's wellbeing.



Bring out the best in your people.

A busy team needs support that doesn't just fit around the working day, but makes it easier too. A tailored Bupa Be.Well programme can do both. With a choice of support for the mind and body, your people can start to proactively look after their health every day – potentially lowering absence levels.

The business benefits

- Encouraging positive behaviour change can lead to a healthier workforce, potentially reducing absence and boosting productivity
- Save you and your team time with services like prescription writing[^]
- Attract and retain talent by enhancing your benefits package
- Increase morale by showing you care about employee wellbeing
- If you have over 6 team members, we can also send you regular management information (MI) revealing which health concerns affect your people most so you can focus on those first

[^]Available with products that include time with a doctor.

Want to find out more?

bupa.co.uk/business-health-assessments

We may record or monitor our calls.



Creating your unique Bupa Be.Well programme

We'll work with you to pick and choose a range of support for your people. In a way that works for them. Whether that's face-to-face, at your workplace or through a smartphone. Or a combination of all three.

Health and wellbeing plans

Our next generation of health assessments.



Specific health checks

Help employees dig deeper into specific concerns, like cancer or heart health.



Bupa SmartDNA

A DNA kit, designed to help your people move, eat and think smarter.



Be.Well @work

A choice of on-site support, from quick health checks to inspiring talks.



Health and wellbeing plans. The next generation of health assessments.

Our support has moved beyond a standard in-centre assessment. Now, there's something for everyone, whether they're at the desk or working from home. Simply choose which of our five plans match their needs.

93%
of customers
are likely to
recommend
our health
assessment
services.

Source: internal data – March to August 2019. Based on our previous health assessment range.

**8 out
of
10**
customers
changed their
lifestyle.

Source: internal data – 1 Jan to 31 Dec 2019 health assessment outcomes relating to our previous product range. Based on 1,160 customers. Customers questioned about their wellbeing while on their first lifestyle coaching call.

Want to find out more?

bupa.co.uk/business-health-assessments

We may record or monitor our calls.



Be.Me

An affordable plan designed to help all employees take control of their health from the convenience of their smartphone. It's completely digital and they can go at their own pace.



Be.Motivated

For those who are curious about their health. They'll get to look at lifestyle changes with a health adviser and get tips on how to make them last.



Be.Ready

As well as empowering employees to make positive changes, this plan includes time with a doctor so they can learn how to manage potential health concerns.



Be.Reassured

If they've got something on their mind, extra time with a doctor can be used to dig into their health more, looking at further risks where clinically indicated.



Be.Ahead

Help employees take their wellbeing to the next level with the support of a health adviser, doctor insight and an advanced fitness test.

Our most
comprehensive
plan

How can our plans benefit your people?

People perform better when they're feeling at their best. Our plans give them the tools to take control of their health and the confidence to seek support before small worries become larger problems.

Personal to your people

Each person can focus on their own lifestyle and goals, so there's no pressure to become a gym-goer.



Support for body and mind

We get to know the way people move, think and feel. Because mental health is just as important as physical health.



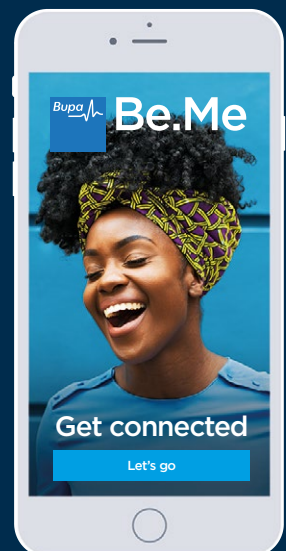
365 days of better health

We'll be there all year round, with two coaching calls and relevant content to keep your people motivated. They'll even get access to our 24/7 nurse-led helpline and Online Mental Wellbeing Programmes provided by SilverCloud Health.



One tap away

Every plan is supported by the Bupa Be.Me app – a base for everything health and wellbeing. Ideal for the busiest lives.



A choice of
50+
health centres

A whole year of support, included with every plan

Bupa Be.Me app

- Build a unique health profile and use results to pick a health focus
- Set and smash goals linked to their health focus
- Virtual coach, there to motivate and inspire with relevant tips
- Connect wearables to help track progress
- Start and compete in group challenges

24/7 Anytime Healthline

- 24/7, 365 day service
- Speak directly to a qualified nurse for guidance and reassurance
- Unlimited calls with no time limits
- Employees can ask about their own health or a family member's*

*Spouse/partner and dependent children up to age 18 or 23 if in full time education. The eligible individual must be the one who initiates the call.

Online Mental Wellbeing Programmes

provided by SilverCloud Health

Learning how manage day-to-day worries can help employees build resilience and take control. These programmes are all based on clinically proven CBT techniques.

Stress

- How to manage it, use problem solving to their advantage and communicate effectively.

Sleep

- Practical tips on getting a better night's rest with a new and improved sleep routine.

Resilience

- Looking at self-esteem, connections to others and ways to boost healthy habits.

Money worries

- How to shake unhelpful thinking patterns, reduce comfort spending and more.

Alcohol

- Understanding their relationship with drink, the effects and how to handle triggers.

Body positivity

- Empowering employees to challenge negative beliefs and feel good about themselves.

Be.Me health and wellbeing plan.

What's included?



Bupa Be.Me app – a digital base

- Virtual coach, Luke, who will help them navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build a unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
 - Nutrition for weight management
 - Nutrition for fitness performance
 - Nutrition for healthy living
 - Healthy gut
 - Healthy heart
 - Exercise for weight loss
 - Exercise for fitness performance
 - Exercise for healthy living
 - Managing alcohol intake
 - Stopping smoking
 - Managing stress
 - Improving sleep
- Tailored wellbeing content, including bitesize videos, based on their health focus
- Upload wearable data to help them track goals and start group challenges



Ongoing support

- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

Manager tip.

You can set workforce-wide challenges to encourage everyone to get involved in the fun.



Be.Motivated health and wellbeing plan.

What's included?



Bupa Be.Me app – a digital base

- Virtual coach, Luke, who will help them navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build a unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
 - Nutrition for weight management
 - Nutrition for fitness performance
 - Nutrition for healthy living
 - Healthy gut
 - Healthy heart
 - Exercise for weight loss
 - Exercise for fitness performance
 - Exercise for healthy living
 - Managing alcohol intake
 - Stopping smoking
 - Managing stress
 - Improving sleep
- Tailored wellbeing content, including bitesize videos, based on their health focus
- Upload wearable data to help them track goals and start group challenges



Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals
- Core tests, including blood tests for type 2 diabetes and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on their health risk profile – with behaviour change coaching



Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

On-the-day assessment length.

- Health adviser – 60 minutes



Be.Ready health and wellbeing plan.

What's included?



Bupa Be.Me app – a digital base

- Virtual coach, Luke, who will help them navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build a unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
 - Nutrition for weight management
 - Nutrition for fitness performance
 - Nutrition for healthy living
 - Healthy gut
 - Healthy heart
 - Exercise for weight loss
 - Exercise for fitness performance
 - Exercise for healthy living
 - Managing alcohol intake
 - Stopping smoking
 - Managing stress
 - Improving sleep
- Tailored wellbeing content, including bitesize videos, based on their health focus
- Upload wearable data to help them track goals and start group challenges



Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals
- Core tests, including blood tests for type 2 diabetes and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on their health risk profile – with behaviour change coaching



Up to 30 minutes with a doctor

- Talk through health concerns
- A closer look at mental health



Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

On-the-day assessment length.

- Health adviser – 60 minutes
- Doctor – up to 30 minutes



Be.Reassured health and wellbeing plan.

What's included?



Bupa Be.Me app – a digital base

- Virtual coach, Luke, who will help them navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build a unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
 - Nutrition for weight management
 - Nutrition for fitness performance
 - Nutrition for healthy living
 - Healthy gut
 - Healthy heart
 - Exercise for weight loss
 - Exercise for fitness performance
 - Exercise for healthy living
 - Managing alcohol intake
 - Stopping smoking
 - Managing stress
 - Improving sleep
- Tailored wellbeing content, including bitesize videos, based on their health focus
- Upload wearable data to help them track goals and start group challenges



Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals
- Core tests, including blood tests for type 2 diabetes and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on their health risk profile – with behaviour change coaching



Up to 60 minutes with a doctor

- Talk through health concerns
- Doctor can choose from additional tests, depending on what's clinically appropriate for your employee
- A closer look at mental health



Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

On-the-day assessment length.

- Health adviser – 60 minutes
- Doctor – up to 60 minutes



Be.Ahead health and wellbeing plan.

What's included?



Bupa Be.Me app – a digital base

- Virtual coach, Luke, who will help them navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build a unique health risk profile – all based on clinically validated tools. From there, we'll recommend a health focus:
 - Nutrition for weight management
 - Nutrition for fitness performance
 - Nutrition for healthy living
 - Healthy gut
 - Healthy heart
 - Exercise for weight loss
 - Exercise for fitness performance
 - Exercise for healthy living
 - Managing alcohol intake
 - Stopping smoking
 - Managing stress
 - Improving sleep
- Tailored wellbeing content, including bitesize videos, based on their health focus
- Upload wearable data to help them track goals and start group challenges



Advanced fitness test powered by Wattbike*

- 30-minute in-depth look at fitness using a Wattbike – an intelligent smart trainer

*Employees may not be able to go ahead with the advanced fitness test if they're taking certain medication or have a certain clinical condition. To check eligibility, they'll need to speak our bookings team before going ahead.



Face-to-face consultation with a health adviser

- Lifestyle discussion to help them achieve their goals
- Core tests, including blood tests for type 2 diabetes and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on their health risk profile – with behaviour change coaching



Up to 60 minutes with a doctor

- Talk through health concerns
- Doctor can choose from additional tests, depending on what's clinically appropriate for your employee
- A closer look at mental health



Ongoing support

- Two follow-up coaching calls
- Speak to a nurse 24/7 through our Anytime HealthLine (12 months)
- Learn how to take control of day-to-day worries and build resilience with a choice of Online Mental Wellbeing Programmes provided by SilverCloud Health (12 months)

On-the-day assessment length.

- Health adviser – 90 minutes (includes advanced fitness test)
- Doctor – up to 60 minutes



Compare our health and wellbeing plans

	Be.Me	Be.Motivated	Be.Ready	Be.Reassured	Be.Ahead
Bupa Be.Me app <ul style="list-style-type: none"> Motivational virtual coach Health and wellbeing and mental health questionnaires Health risk profile Bespoke recommendations and wellbeing content Connect wearable data Set and track goals Start group challenges 	✓	✓	✓	✓	✓
On-the-day assessment Face-to-face health and wellbeing discussion	✗	✓	✓	✓	✓
Core tests <ul style="list-style-type: none"> Height Weight Body Mass Index (BMI) Waist measurement Waist to height ratio Lung function screening for current smokers Body fat Basal metabolic rate Estimated energy requirement Dual arm pressure Mobility and flexibility review Diabetes HbA1c (non-fasting blood sugar test) Comprehensive cholesterol profile 	✗	✓	✓	✓	✓
<ul style="list-style-type: none"> Heart rhythm screening Resting ECG* Full blood count* Haemoglobin (anaemia) 	✗	✗	✓	✓	✓
‘Five steps to wellbeing’ and mental health discussion	✗	✓	✓	✓	✓
Self-selected health focus with behaviour change coaching	✗	✓	✓	✓	✓
Up to 30 minutes with a doctor <ul style="list-style-type: none"> Ask the doctor about any health concerns Male and female specific screenings <ul style="list-style-type: none"> Testicular examination (male only)* Prostate examination (male only)* Breast examination (female only)* 	✗	✗	✓	✓	✓

* Examination included if clinically indicated.

	Be.Me	Be.Motivated	Be.Ready	Be.Reassured	Be.Ahead
Up to 30 extra minutes with a doctor <ul style="list-style-type: none"> More time to ask the doctor about any health concerns Doctor can choose from additional tests based on personal needs: <ul style="list-style-type: none"> Kidney function: eGFR/Creatinine Liver function tests Vitamin B12 Folate Vitamin D PSA test (over 50 and high risk – male only) Bowel cancer check (male and female aged 45 and over) Coeliac screen Ferritin Thyroid function (TSH) Cervical cancer and HPV screening (females aged 25 and over) 	✗	✗	✗	✓	✓
Mental health review during doctor time <ul style="list-style-type: none"> Includes referral for additional support if needed 	✗	✗	✓	✓	✓
Advanced fitness test powered by Wattbike[^] <ul style="list-style-type: none"> 30 minutes on a Wattbike to discover the best intensity for your training programme <ul style="list-style-type: none"> Estimated fitness score (VO₂ max) and how it compares to those of the same age and gender Maximum power possible when cycling for a minute Maximum heart rate Functional threshold (estimate of the most intense exercise you could sustain for up to an hour) Personalised Wattbike training programme 	✗	✗	✗	✗	✓
Two follow-up coaching calls	✗	✓	✓	✓	✓
24/7 Anytime HealthLine (12 months)	✓	✓	✓	✓	✓
Online Mental Wellbeing Programmes <i>provided by SilverCloud Health</i> (12 months)	✓	✓	✓	✓	✓

[^]You may not be able to go ahead with the advanced fitness test if you are taking certain medication or have a certain clinical condition. To check your eligibility, speak to our friendly team before you choose this health and wellbeing plan.

Built on clinical excellence and evidence.

We've added, improved or removed certain tests from our in-centre assessment to make sure the ones we do use are valuable, useful and based on the most up-to-date clinical evidence.

Added

- Wellness score
- Depression and anxiety screening for all
- Lung function test*^
- B12*^
- Ferritin*^
- Folate*^
- Vitamin D*^
- Coeliac screen*^
- Self-selected lifestyle module

Improved

- Cardiovascular risk (QRisk3)
- Alcohol assessment
- Sleep assessment
- Activity assessment
- Comprehensive mental health assessment^
- Heart rhythm screening for AF using the Kardia device which is more accurate and evidence based^
- BP measurement^
- Cholesterol ratio^
- Bowel cancer screen*^
- Cervical cancer screen*^
- Mobility and flexibility review^

No change

- Diabetes risk (Qdiabetes)
- Diabetes test^
- Anaemia screen*^
- Kidney function*^,
- Thyroid function*^
- Liver function*^
- Mammogram*^
- ECG*^
- Prostate cancer screen*^
- Doctor time^

Removed

- Urine
- Hearing*
- CXR and HVS*
- Urea*
- Calcium*
- Uric acid*

*If clinically indicated.

^If included in product purchased.

Insight.

Essential for shaping your wellbeing strategy.

Our plans allow you to deep dive into the mental and physical wellbeing of your workforce, uncovering which areas of health your strategy should focus on. That way, you can tackle costly issues specific to your business sooner.

Our regular reports* can show you:

- ✓ levels of engagement by looking at active members and their usage levels
- ✓ which areas of health have been flagged as the highest risks for your workforce as a whole
- ✓ the most accessed Online Mental Wellbeing Programmes
- ✓ how much improvement has been made once goals or an Online Mental Wellbeing Programme has been completed
- ✓ what type of content is viewed to understand the most relevant topics affecting your people

*Minimum group size required. Data is anonymous.

Specific health checks.

For that extra bit of reassurance.

We're here to help give your people peace of mind on specific health concerns too. That way they can keep working at their best worry-free. You can buy specific health checks individually and some can be added to a Be.Reassured or Be.Ahead health and wellbeing plan.

Want to find out more?

bupa.co.uk/business-health-assessments

We may record or monitor our calls.

Specific health checks.

Breast and Cervical Health

Get a picture of your current breast and female health and any potential concerns in these areas. Then you'll have chance to talk those through with a doctor.



Recommended for:

- Women aged 18 and over



What's included?

- Full consultation including medical history review related to cervical and breast cancer.
- Breast and pelvic examination* if clinically indicated
- Test for human papilloma virus (HPV) for those aged 25 and over*
- Cervical smear if clinically indicated^

*Some tests may only be provided if considered appropriate by the doctor, based on the results of the health questionnaire.

^Smear will be carried out if HPV virus is present, in line with NHS guidelines for best practice.



Times

- Doctor time - 30 minutes

Mammogram

- For an additional cost, a mammogram can also be added to Be.Ready, Be.Reassured and Mature Health without the full Breast and Cervical Health check. However, it's not available as a standalone check. This check is suitable for those aged 40 and over.



Specific health checks.

Colon Health

Using a specialised CT scan to create images of your bowel, we look for signs of bowel cancer and polyps. Polyps are small growths that may need monitoring and sometimes removing.



Recommended for:

- Men and women aged 45 and over*
- Those who are low risk (used as an initial screening)

*Not recommended for those with symptoms and/or a strong family history of bowel cancer. Alternative tests may be more appropriate.



Times

- In-centre consultation – up to 30 minutes
- Scan – times may vary
- Phone or face-to-face conversation with a Bupa doctor (around two weeks later) – 15 minutes



What's included?

- Pre-check information pack
- Doctor consultation to talk through any concerns and your suitability for the scan
- CT scan of colon and rectum if appropriate. **Note:** this may take place at a different location and on a separate day to your consultation
- If it's not possible to go ahead with the scan, the doctor will offer advice and a referral if needed
- Conversation with a Bupa doctor on the test results. They'll also run through next steps if necessary

Specific health checks.

Testicular and Prostate Health

Get advice on the signs and symptoms of testicular and prostate cancer, plus a PSA blood test and examination if clinically relevant.



Recommended for:

- Men aged 50 and over



Times

- Doctor time - 30 minutes



What's included?

- Full review of medical history relating to prostate or testicular cancer
- PSA blood test*
- Prostate and testicular examination*
- Onward referral during the appointment or once the PSA results are in, if needed

*Some examinations and tests may only be provided if considered clinically appropriate by the doctor, depending on risk factors and medical history.

Specific health checks.

Coronary Health

We'll look for risk of heart disease and identify the main risk factors contributing to it. You'll also leave with practical advice on making positive lifestyle changes.



Recommended for:

- Men and women aged 45 and over
- Those with a strong family history or have a raised cardiac risk with no current cardiac symptoms



Times

- Radiographer – times may vary
- Health adviser – 30 minutes
- Doctor time (includes phone or face-to-face conversation on results) – 30 minutes



What's included?

- Key measurements, including: height, weight, BMI, body fat, waist, waist-height, basal metabolic rate, dual arm blood pressures and an ECG, if clinically needed
- Heart rhythm test to detect atrial fibrillation

- Bloods taken to check cholesterol levels
- An action plan to reduce risks through positive lifestyle choices
- Doctor consultation to talk through any concerns and your suitability for the scan
- CT coronary calcium scan of the heart to more accurately assess cardiac risk. **Note:** this may take place at a different location and on a separate day to your consultation
- If it's not possible to go ahead with the scan, the doctor will offer advice and a referral if needed
- Conversation with a Bupa doctor on the test results. They'll also run through available treatment options and next steps if necessary

Specific health checks.

Mature Health

When reaching 65, different health concerns can play on the mind. We can give you some reassurance on how you're doing by looking at your health and lifestyle.



Recommended for:

- Men and women aged 65 and over



Times

- Health adviser – 60 minutes
- Doctor time – 60 minutes



What's included?

- A test to detect abnormal heart rhythm
- Set of pathology tests and same-day results
- Mature muscle, bone and joint assessment – designed with those over 65 in mind
- Advice on concerns like prostate and breast health
- Two lifestyle coaching calls

Bupa SmartDNA.

Live smart.

Work smart.

DNA are the building blocks to smarter living. So why not help your people use them to their advantage? Enhance any of our health and wellbeing plans with a Bupa SmartDNA kit and they'll gain unique insight on how they can eat, move and think smarter.



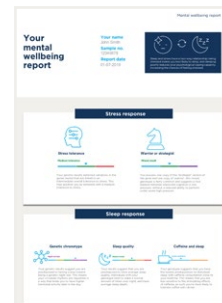
Nutrition report

We can help employees discover their optimum dietary needs, highlighting certain sensitivities they may have.



Fitness report

This gives employees the opportunity to explore their response to exercise, including recovery speed and injury resilience.



Wellness report

Genetic insights can help employees understand how their mind works, empowering them to take a smarter approach to their day-to-day routine.

The benefits

- ✓ A new, innovative way to engage with employees on their health and wellbeing
- ✓ Empower employees to make better lifestyle choices
- ✓ Our lifestyle coaches will support them to make positive changes based on their results

How it works

1. Register

Create your unique profile and register your kit online so we can process your sample.



2. Swab

Swab inside your mouth at home – it takes seconds.



3. Return

Seal your sample inside your kit and post it to our lab.



4. Results

Get your results within 15 working days. Your health and wellbeing coach will be in touch.



Be.Well@Work

A choice of on-site support.

By making it more convenient for your employees to engage with their health, we could help you create a bigger impact on workforce wellbeing.

Step 1

Choose which on-site services you'd like to include within your Bupa Be.Well programme:

- health checks
- health station
- health talks

Step 2

We'll put together a handy promotional toolkit, including posters, intranet copy and more.

Step 3

Using your toolkit, you can start to spread the word and engage your employees.

Want to find out more?

bupa.co.uk

We may record or monitor our calls.

Health checks. Without leaving the office

Employees can get practical advice from our health adviser and be back to work in no longer than an hour.



Express health check

Up to 42 employees per day

Health adviser

- 10 minutes of tests

Key tests

- Blood pressure
- Cholesterol check
- Waist measurement



Know your numbers health check

Up to 21 employees per day

Health adviser

- 20 minutes of tests

Express health check tests PLUS

- Height and weight
- BMI calculation
- Waist to height ratio
- Diabetes blood test



Know your numbers+ health check

Up to 14 employees per day

Health adviser

- 30 minutes of tests

Express health check tests PLUS

- Body fat percentage
- Cardiovascular risk assessment
- Diabetes risk assessment
- Lifestyle advice



Health Core

Up to 7 employees per day

Health adviser

- 60 minutes of tests

All health check tests PLUS

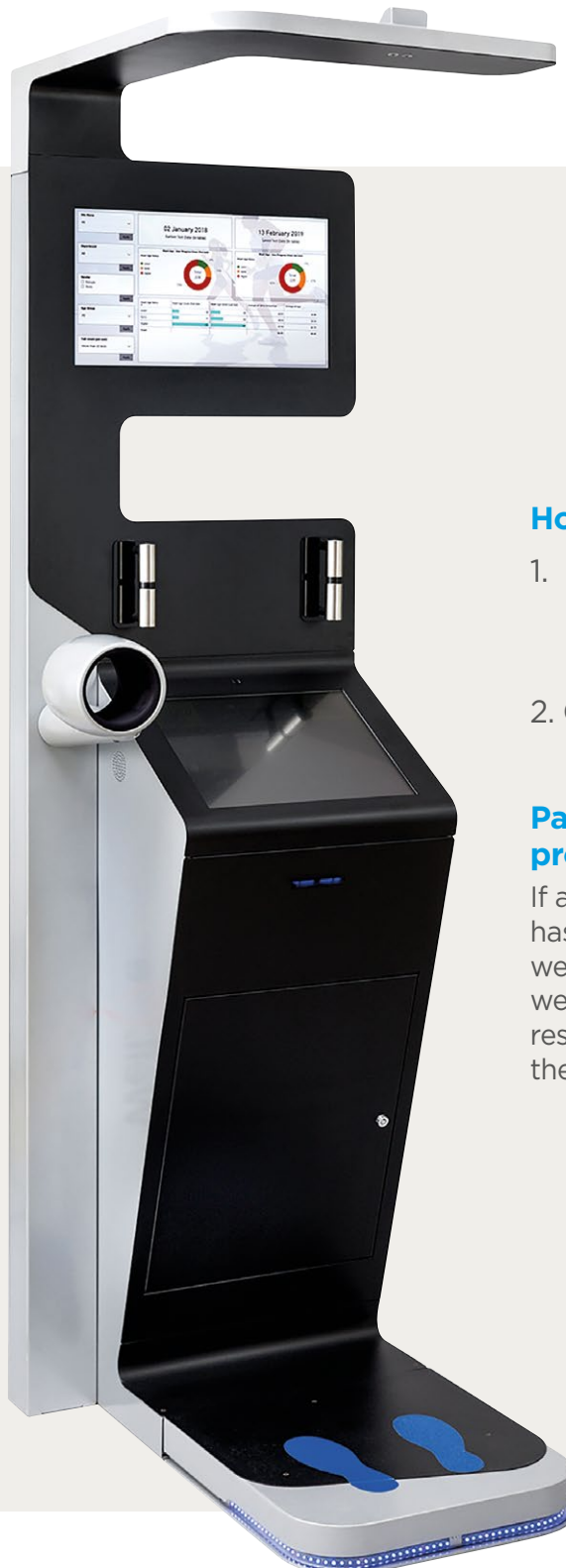
- Muscle, bone and joint assessment
- Stress and sleep assessment
- Haemoglobin blood test

Follow-up support

- Two lifestyle coaching calls
- A personalised health report

Health station. Insight on your doorstep

Engage your employees with a handy workplace station. They can use these to check their health and measure progress. It takes less than five minutes, so it's ideal for those with busy schedules.

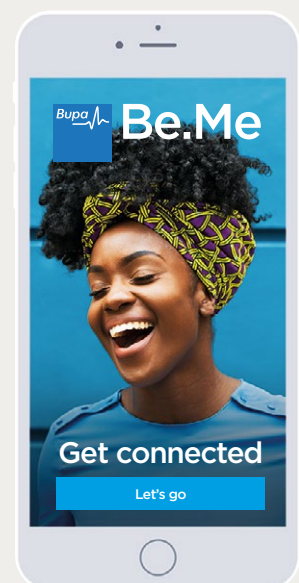


How does it work?

1. Head over to the station to start measuring things like blood pressure and BMI
2. Get an email with the results instantly

Part of your programme

If an employee has a health and wellbeing plan, we can send their results straight to the Bupa Be.Me app.



Health talks.

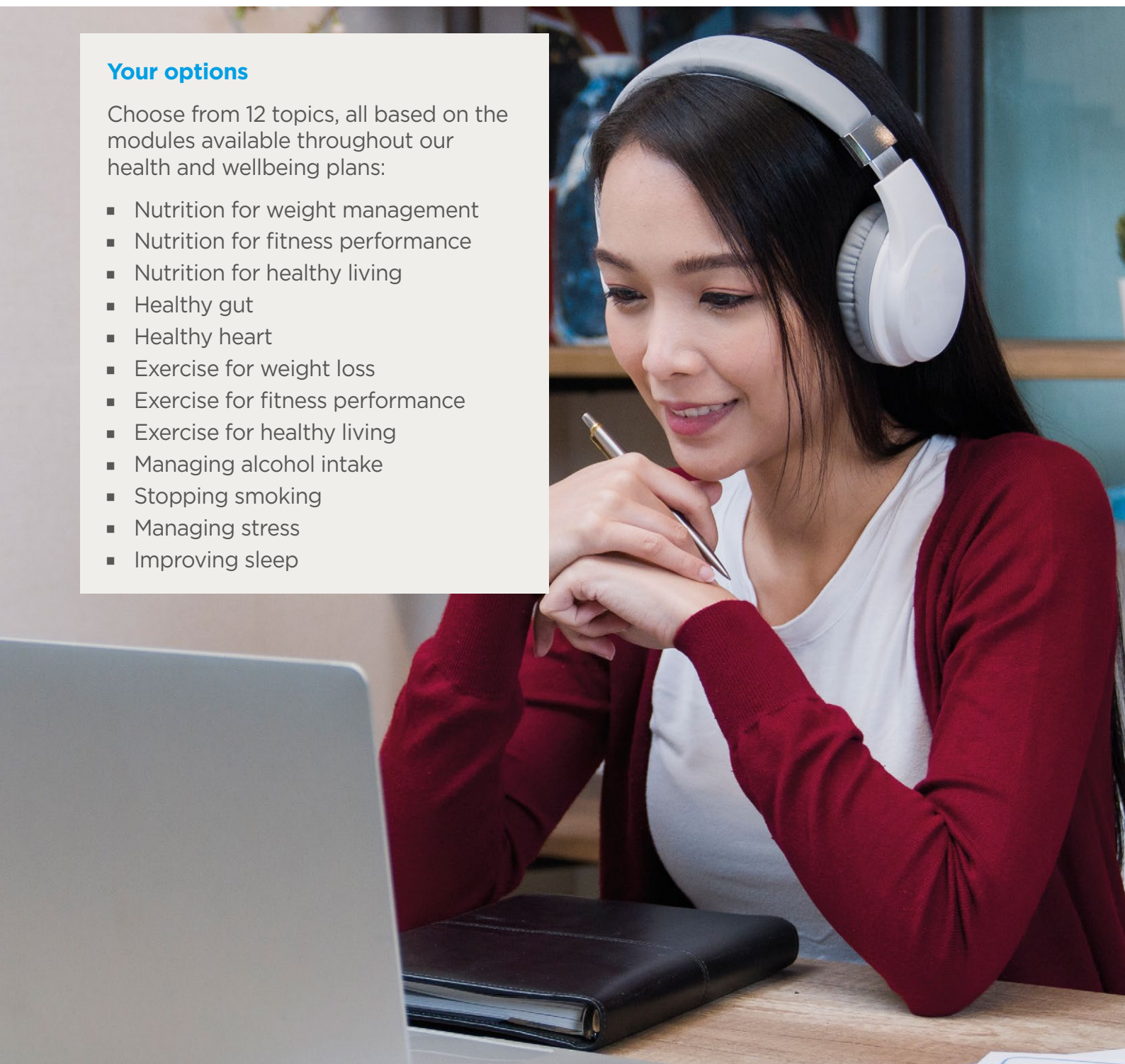
Putting your people in the know

Let us inspire your employees with a range of health talks delivered by our expert advisers at your workplace or as a webinar. Simply choose a time, date and topic that suits you.

Your options

Choose from 12 topics, all based on the modules available throughout our health and wellbeing plans:

- Nutrition for weight management
- Nutrition for fitness performance
- Nutrition for healthy living
- Healthy gut
- Healthy heart
- Exercise for weight loss
- Exercise for fitness performance
- Exercise for healthy living
- Managing alcohol intake
- Stopping smoking
- Managing stress
- Improving sleep



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 Occupational Health Limited provides Online Mental Wellbeing Programmes by working
together with SilverCloud Health Limited.

Registered address: 1 Stephen St Upper, Saint Peter's Dublin 8, Ireland D08 DR9P

© Bupa 2020

To view our privacy notice, please visit bupa.co.uk/privacy

bupa.co.uk