



# Your guide to Bupa Health Services

**Bupa. Better for business**



# How to use this interactive guide



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You can use the arrows in the top right corner to take you to the next page or the previous page.



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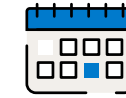
## Bupa's corporate wellbeing solutions.



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# Health Assessments

Tailored to your business needs, health assessments are more than just a check up, it's the start of a journey towards better employee health and engagement.

If your business has two or more employees, you could offer Bupa health assessments as an attractive addition to your benefits packages. This can help you to recruit and retain great people as well as contributing to other business goals, such as:

- Motivating, engaging and empowering your employees
- Boosting productivity
- Tackling absenteeism
- Managing anxiety and stress at work
- Improving health and fitness
- Meeting your duty of care

Our employee health assessments have an **excellent NPS rating (74)**. **81% of customers** said their health and wellbeing had **improved** either a little or a lot following their health assessment.\*

\*Data based on health assessments between January 2020 and December 2022.

# Health Assessments

## 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.

### 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):
  - Stress
  - Sleep
  - Resilience
  - Money worries
  - Alcohol
  - Body positivity

## Be.Motivated

Curious about improving your health? Identify opportunities to make some positive lifestyle changes with a health adviser. Plus, get tips on how to make them last.

### What's included?

#### Bupa Be.Me app – a digital base

#### Face-to-face consultation with a health adviser

- Lifestyle discussion to help you achieve your 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 your health risk profile

#### 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





# Health Assessments

## Be.Ready

Want to know more about your health? To feel empowered to make changes? Do it with a health adviser and doctor on your side. You'll get expert insight on how you're doing, plus advice on managing any potential health issues.

### What's included?

**Bupa Be.Me app – a digital base**

**Up to 30 minutes with a doctor**

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

**Face-to-face consultation with a health adviser**

- Lifestyle discussion to help you achieve your goals
- Core tests, including a heart rhythm screening and blood tests for type 2 diabetes, anaemia and cholesterol
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your 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

Doctor – up to 30 minutes

## Be.Reassured

Something on your mind? Whether it's a health concern that runs in the family or you need extra confidence to make some lifestyle changes, we're here. Check out your health risks with a doctor, from heart disease to diabetes. And leave with lasting advice you can use.

### What's included?

**Bupa Be.Me app – a digital base**

**Up to 60 minutes with a doctor**

**Face-to-face consultation with a health adviser**

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

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

# Health Assessments

## Be.Ahead

Want to push yourself further? Do it with our most comprehensive plan. With the support of a health adviser, doctor insight, and an advanced fitness test, you'll be armed with the right knowledge to take your wellbeing to the next level.

### What's included?

**Bupa Be.Me app – a digital base**

**Advanced fitness test powered by Wattbike\***

**Face-to-face consultation with a health adviser**

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

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

\* 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.

**Up to 60 minutes with a doctor**

- Talk through health concerns
- The doctor can choose from additional tests, depending on what's clinically appropriate for you
- A closer look at your 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 – 120 minutes (includes advanced fitness test)

Doctor – up to 60 minutes



Scan here to watch a walkthrough of our Health Assessments.





# Remote Health Assessments



## Be.Healthy at Home

Been wondering about your health and wellbeing? Now you can get a series of health checks, talk to a health adviser and get 365 days of support – all from the comfort of your home.

### What's included?

#### Bupa Be.Me app – a digital base

- Virtual coach, Luke, who will help you navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build your 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 based on your health risk profile
- Upload wearable data to help you track goals and start group challenges

#### Home testing kit

- Blood sampling device
- Tape measure (to keep)
- Blood pressure monitor (to keep)

#### 45-minute video consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Talk through blood test results for type 2 diabetes and cholesterol, along with your cardiovascular disease risk level
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your 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)

## Be.Healthy at Home Plus

Looking for a convenient way to check in on your health and wellbeing? Speak to a health adviser and doctor about your mental and physical health – all from the comfort of your home. Plus, you'll get 365 days of support to help you make lasting changes.

### What's included?

#### Bupa Be.Me app – a digital base

- Virtual coach, Luke, who will help you navigate the app, set goals and stay motivated
- Health and wellbeing and mental health questionnaires used to build your 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 based on your health risk profile
- Upload wearable data to help you track goals and start group challenges

#### Home testing kit

- Blood sampling device
- Tape measure (to keep)
- Blood pressure monitor (to keep)

#### Up to 30 minutes with a doctor by video or phone

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

#### 45-minute video consultation with a health adviser

- Lifestyle discussion to help you achieve your goals
- Talk through blood test results for type 2 diabetes and cholesterol, along with your cardiovascular disease risk level
- Mobility and flexibility review
- Mental health and wellbeing discussion
- Self-selected health focus – based on your 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)





# Specific Health Checks



## Specific Health Checks

### Targeted Cancer Screening

We'll focus on spotting signs of some of the most common cancers and support with any next steps, without the need for a GP referral.

#### Recommended for:

- Those aged 18 and over\*

\*HPV/Smear tests are not clinically recommended for those under 25. Under 25's can discuss their concerns with a doctor who will advise on best next steps if there are medical concerns about this.

#### Times

- In-centre consultation with a GP - up to 30 minutes

#### Testicular Health

Advice on the signs and symptoms of testicular cancer.

- Review of medical history relating to testicular cancer
- Testicular examination\*

#### Breast Health

Get a picture of your current breast health and discuss any potential concerns with a GP.

- Full consultation including medical history review related to breast cancer
- Breast examination\* if clinically indicated
- Onward referral during the appointment or upon receipt of any test results, if needed.

#### Prostate Health

Advice on the signs and symptoms of prostate cancer, plus a PSA blood test and examination if needed.

- Review of medical history relating to prostate cancer
- PSA - Prostate cancer screening blood test 50+\*
- Prostate examination\*
- Onward referral during the appointment or once the PSA results are in, if needed.

#### Cervical Health

Get a picture of your current cervical health and discuss any potential concerns with a GP.

- Full consultation including medical history review related to cervical cancer
- Cervical examination\* if clinically indicated
- Test for human papilloma virus (HPV) for those aged 25 and over\*
- Onward referral during the appointment or upon receipt of any test results, if needed.

#### Add ons

- Mammography: Aged 40+
- Bowel cancer screening test (stool) 45+
- Colon CT (Computerized Tomography) 45+

\* Based on the results of the health questionnaire, depending on risk factors and medical history. Some tests may only be provided if considered appropriate by the doctor.

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



# 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: What's included?

- Aged 65 and over
- Body Composition – height, weight, waist to height, BMI
- BP, resting ECG, heart rhythm screening
- Bloods – HbA1c, cholesterol, FBC, Biochemistry, Vit B12 & folate, kidney function, thyroid, anaemia
- Urinalysis, FOB
- Hearing assessment
- MSK – Touch toes, walk corridor
- Grip strength
- Physical examination – testicular and prostate, breast and cervical

### Times

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

## Mammogram

Mammograms are available as a standalone check, this can be added to the following health assessments for an additional cost:

- Be.Reassured
- Be.Ahead
- Targeted Cancer Screening
- Mature Health

This check is suitable for those aged 40 and over.

## 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.

### Suitable for: What's included?

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

### Times

- Radiographer – times may vary
- Health adviser – 30 minutes
- If added on to a health assessment, this is an extra 15 minutes Doctor time to the health assessment

# 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.

### Suitable for: What's included?

- Aged 45 and over\*
- Those who are low risk (used as an initial screening)
- 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
- A liquid dye that you'll need to drink over a day or two before your test to help show up any abnormalities in your large bowel.

\*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

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





# Be.Well at Work

## Onsite Health Checks

Employees can get practical advice, tests and results from our health advisers, and be back to work in under an hour.



## Be.Well at Work

In the convenience of the workplace



### Be.Healthy at Work Express

Up to 40 employees per day

#### Health adviser

- 10 minutes of tests

#### Key Tests

- Blood pressure check
- Height
- Weight
- BMI
- Waist measurement
- Waist to height ratio
- 12 months access to Bupa Be.Me wellness app



### Be.Healthy at Work

Up to 20 employees per day

#### Health adviser

- 20 minutes of tests

#### Be.Healthy at Work Express tests PLUS

- Full cholesterol check
- Diabetes blood test
- 12 months access to Bupa Be.Me wellness app



### Be.Healthy at Work+

Up to 11 employees per day

#### Health adviser

- 30 minutes of tests

#### Be.Healthy at Work tests PLUS

- Body composition
- Cardiovascular risk assessment
- Diabetes risk assessment
- 5 Steps to Wellbeing
- Lifestyle advice
- 12 months access to Bupa Be.Me wellness app



### Be.Motivated at Work

Up to 8 employees per day

#### Health adviser

- 45 minutes of tests

#### Be.Healthy at Work+ PLUS

- Lung age assessment for current smokers
- Mobility and flexibility review
- Mental wellbeing assessment
- Depression and anxiety screening questionnaire
- Goal setting

#### Follow-up support

- Two lifestyle coaching calls
- A personalised health report
- 12 months access to Bupa Be.Me wellness app
- Access to our health and wellbeing support email series

## Be.Lifestyle coached at work

Expert lifestyle coaching on areas chosen by the employee. Available for up to 20 employees per day.

**Health adviser**  
20 minutes of tailored advice

**Follow-up support**  
Two lifestyle coaching calls

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# Workplace mental health solutions

## A holistic, long term solution.

We leverage deep clinical expertise and experience, to deliver personalised and evidence-based preventative, support and treatment services tailored to your workplace needs.



Scan here to watch an overview of our Corporate Mental Health products and services.

## Mental wellbeing - a business imperative

On-site and remote delivery of a range of Resilience and Mental Wellbeing training programmes for employees, managers and leaders

MHFA training course will accredit delegates as Mental Health First Aiders, delivered face-to-face or remotely.

Dedicated psychological support provided onsite or remotely by CBT Practitioners and Counsellors

A range of webinars, podcasts and health talks delivered onsite or remotely covering mental health awareness topics





# Employee Assistance Programme

24/7 access to online and over the phone help.

Home life, work and world changes – these can all bring new stresses and strains. Giving people a way to talk about how they’re feeling can help relieve pressure and improve their mindset. With an employee assistance programme (EAP), we’ll provide them with 24/7 wellbeing and mental health support to help address issues early.

By going through EAP first, **over half** of mental health claims via insurance are prevented. **86%** of our EAP users show a **reduction in depression**, and **85%** show a **reduction in anxiety**.\*

\*Internal Bupa data, 2022



## Employee Assistance Programme (EAP)

### Healthy Minds

Our top level offering which includes access to online, telephone and face to face information, advice, guidance and support for a wide range of work and personal issues.

#### Key benefits;

- 24/7 Helpline always answered by a qualified Clinician for one off support or a mental health assessment and triage
- Where appropriate, referral to brief counselling delivered remotely or in person
- Access to specialist Legal, Financial and Family helplines for information and guidance<sup>1</sup> plus access to qualified nurses for medical concerns via Anytime HealthLine
- Access to clinically effective online CBT service, which where appropriate is supported by a Therapist and Emotional Wellbeing Online for managing stress and building mental resilience
- Access to a wide range of Wellbeing Resources online which are regularly updated

### Key EAP

Our entry level and lower cost offering which includes access to online and telephone information, advice, guidance and support for a wide range of work and personal issues. This product can provide basic but essential advice and support to a business and their people.

#### Key benefits;

- 24/7 Helpline always answered by a qualified Clinician for one off support and signposting
- Upgrade option to Key Plus provides up to five sessions of telephone Counselling per presenting issue per year
- Access to specialist Legal and Financial helplines for information and guidance<sup>1</sup>
- Access to a wide range of Wellbeing Resources online which are regularly updated

<sup>1</sup>Information only services. For legal, financial or debt management advice, customers will need to engage external advisers separately.

Optional add-on to enable employees to get quick and convenient access to psychological services (e.g. CBT and Clinical Psychology) via our clinically effective talking therapies team which is supported by our national network provider

### What can the EAP be used for?

#### Mental health

- Mental Health and Wellbeing Assessment over the telephone or online
- Access to solution focused counselling over the telephone or face to face
- Access to clinically effective online CBT service supported by a Therapist
- Access to other Psychological Services, for example face to face or telephone CBT and Clinical Psychology (Optional extra cost)
- Line manager support

#### Financial<sup>1</sup>

- Debt
- Investments
- Mortgage
- Pensions
- Managing Money

#### Legal<sup>1</sup>

- Motoring
- Consumer
- Property
- Family
- Will
- Commercial

#### HealthLine

- Vaccinations
- Diabetes
- Symptoms of flu
- Sports injury
- Taking medication
- Operations
- Aches and pains

<sup>1</sup>Information only services. For legal, financial or debt management advice, customers will need to engage external advisors separately.





# Musculoskeletal services

## Easing the impact of muscle, bone and joint problems.

We offer a range of services for people with musculoskeletal injuries whether your business has Bupa insurance or not. Our robust treatment pathways can provide treatment plans to suit your employees' needs.

## We offer a range of services for muscle, bone and joint conditions.

- ✓ **PhysioLine**  
Telephone-based physiotherapy triage service supported by our BupaPhysio App which provides prescribed programmes of self management exercises which can be done in the comfort of your own home
- ✓ **Virtual Physiotherapy treatment** (Video conferencing)
- ✓ **Face-to-Face Physiotherapy** (onsite and clinic based)
- ✓ **Sports and Exercise Medicine / MSK Physician Services**
- ✓ **Chiropractor Services**
- ✓ **Podiatry Services**
- ✓ **Workplace, task and vehicle ergonomic assessments**
- ✓ **Tailored preventative on-site services**
- ✓ **Shockwave Therapy from all of our centres**

### Example Preventative Services

#### Introducing the wellbeing basics

Providing tips and advice on a range of topics from the importance of keeping active to manual handling.

#### Wellbeing workshops

We offer a range of bite-sized talks and interactive workshops to educate on common MSK problems, such as back or shoulder injuries and how to prevent them.

#### Physiotherapy on-site awareness days

Mini consultations with a physiotherapist for advice on posture, the benefits of regular breaks, exercise or how they may benefit from seeing a physiotherapist now, before any small niggles become bigger health problems.





# Private Primary Care services



## Private Primary Care services

### We offer routine GP services:

- Face-to-Face in a Bupa Centre
- By video or telephone
- Onsite

### We also offer specialised services:

- Ear wax removal
- Menopause Plan
- Sexual Health services
- Period Plan

### Flexible payment options:

- Employee pay per appointment
- Employer pay per appointment
- Block booking or onsite fixed fee
- Unlimited GP

### Features and benefits

- Access to private prescriptions that can be delivered free of charge or collected from a pharmacy of choice.
- Access to basic diagnostic tests either in one of our Bupa Centres or through our remote diagnostic service.
- Continuity of care between our remote and face to face services.

- Fast access - we aim to make routine GP appointments available within 48 hours.
- Confidential and professional services with experienced Bupa GP's.
- Services available in our conveniently located centres or from wherever you are by video or phone.
- Our Primary Care services receive excellent customer feedback with a NPS rating of 80 across our GP, Menopause, Ear wax removal and Sexual Health Services.





# Period Plan

The period support your team are looking for.



## Period Plan

Heavy, painful and irregular periods can be severely disruptive to your employee's mental and physical wellbeing. It means they're less likely to feel and perform at their best and are more likely to take time off. Fast access to expert period support could help to boost your team's engagement and reduce absence.

### What's included in our Period Plan



**45 minutes with a GP** who will listen, advise and support employees' specific needs.



**Physical Checks** around the tummy, plus a full blood count and/or pregnancy test, if clinically required\*



**Help navigating next steps** be that treatment, a prescription<sup>^</sup>, further diagnostic tests or an onward referral.



**A 15-min follow-up appointment when needed.<sup>†</sup>** Plus, 12 months' access to our 24/7 Anytime HealthLine for ongoing support.

# 6 million

sick days each year in the UK can be attributed to heavy and painful periods.<sup>‡</sup>

Your employees don't have to face period problems alone. We'll provide fast access to tailored guidance from empathetic GPs who really understand their symptoms and concerns.

\*Full blood count and/or pregnancy test is included if clinically indicated. There will be additional charges for any other tests required.

<sup>^</sup>The cost of the prescription isn't covered by the health scheme.

<sup>†</sup>Follow-up appointment available up to 12 months from the initial appointment.

<sup>‡</sup>Public Policy Projects, A Women's Health Agenda, Redressing the Balance 2022.





# Menopause Plan

Helping everyone feel their best at work.

Losing your best people isn't good for business. But personalised menopause support is.

## Menopause Plan

Most people who experience the menopause do so during their working life. For some, symptoms can become so unmanageable, they're forced to leave their job. With our Menopause Plan, we'll offer your employees tailored menopause support so they can feel confident managing symptoms. As a result, you've given them the power to perform at their best.

### Fast diagnosis. First time

We train our GPs to spot and act on the signs of menopause right away. Opening up quicker access to treatment and limiting the time spent away from work.

### No one size fits all

Everyone's experience is different. From joint problems and fatigue, to hot flushes and sleepless nights. Our GPs have the knowledge to connect the dots and offer personalised advice.

### Support at the right time

There isn't a set age when menopause starts, and sometimes there are reasons it starts early. Whenever employees feel they are experiencing symptoms of the Menopause our Plan can help them.

### Menopause Plan

Your people will receive:

- 45 minutes with an experienced, menopause-trained GP – face to face or by video – identifying symptoms, discussing concerns, and advising on any next steps
- A 30 minute follow-up appointment that can be taken when needed within 12 months of the first appointment
- A private prescription if needed\*
- 12 months' access to our nurse-led Anytime HealthLine

\*cost of medication is not included.

## Menopause support that protects your business too



### Hold on to valuable talent

Employees struggling with symptoms may already be considering leaving your business.



### Get the best out of people

Keep your people happy, engaged and reduce their time spent away from work.



### Be an employer of choice

Show you value your people and stand out in a tough market.



# Menopause Continued Care Plan



## Menopause Continued Care Plan

### Ongoing support for a complex issue

Menopause symptoms don't always end after 12 months. So neither should the support plan. That's why employees can benefit from an additional 12 months' support with our Menopause Continued Care Plan – an annual care package, as often as they need it. This makes sure they're managing their symptoms well and bringing their best selves to work.

**6 in 10**  
menopausal women find their symptoms negatively affect their job performance.  
Source: Let's talk menopause. Chartered Institute Chartered Institute of Personnel and Development, published March 2019.

**9 in 10**  
people saw an improvement in their menopause symptoms after accessing the Plan.  
Source: Bupa internal data 2022.



### Menopause Continued Care Plan

- 30-minute annual review appointment with an experienced, menopause-trained GP
- Two 15-minute follow-up appointments that can be booked when employees need them within 12 months of the annual review\*
- An additional repeat prescription if required within 12 months
- Help navigating next steps if required, this might be an onward referral to additional care
- 12 months' access to our nurse-led Anytime HealthLine

\*these can be used to obtain a repeat prescription if required

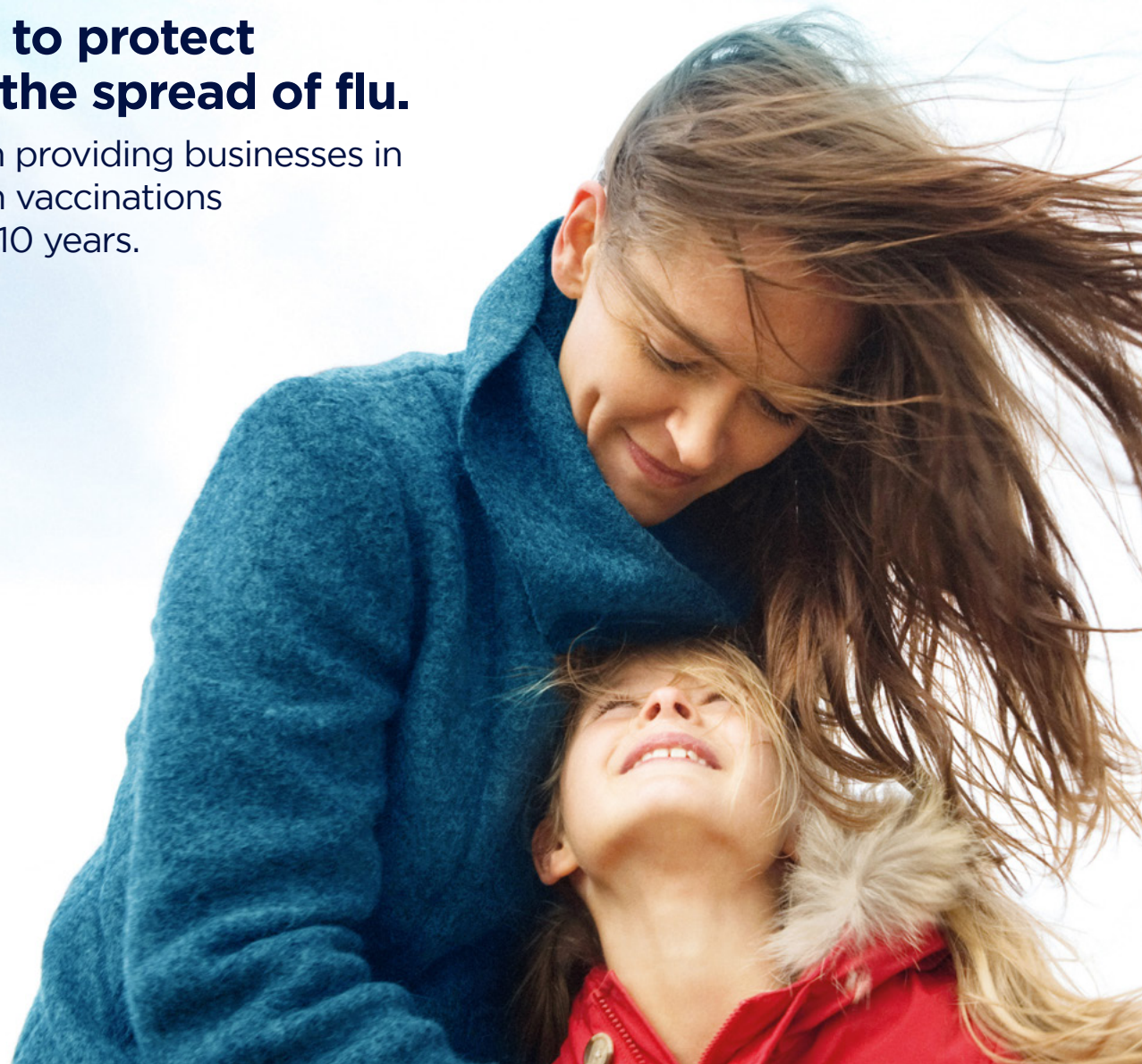




# Flu vaccinations

## Helping to protect against the spread of flu.

We've been providing businesses in the UK with vaccinations for the last 10 years.



# Keeping the team flu-free

- ✔ Ten years' experience in providing flu vaccination programmes to businesses throughout the UK.
- ✔ Clear and transparent pricing
- ✔ Online booking
- ✔ Online pharmacy finder for voucher users
- ✔ We offer the quadrivalent vaccine
- ✔ Post vaccination access to our team of nurses at Anytime HealthLine for any medical queries.

## Voucher service

Redeemable across all major supermarkets and a number of pharmacy chains. No minimum or maximum order number.

## Nurse Clinics

Our nurses can deliver up to 104 flu vaccines a day, we provide all of the equipment and an online booking system.







# Contact us

We're happy to help.

For any companies new to Bupa please call

# 0371 346 0485

or email [healthclinicsnewbusiness@bupa.com](mailto:healthclinicsnewbusiness@bupa.com)

Lines are open **Monday to Friday 9am to 5pm.**  
We may record or monitor our calls.



Or scan here to leave an enquiry

**For any existing clients please contact your account manager**





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