



This is health

Supporting your Health & Wellbeing
with Bupa Select health insurance

Discover your Health & Wellbeing cover

Whether you're working from home, popping into the office once in a while or fully on site, you deserve to be happy and healthy at work. Looking after your health and wellbeing can help you make the most of your career and enjoy more of the things you love outside of work too.

To help you look after yourself, you have access to private healthcare through your workplace, provided by Bupa.

Bupa healthcare means:

- Fast help with the things that matter to you
- Access to over 19,000 consultants* with at least seven years experience
- Access to up to 600 hospitals in our networks
- The most extensive mental health cover you can find on the market[^]

What's included in your Health & Wellbeing Bupa cover:

- Mental health cover
- Full cancer cover
- Muscle, bone or joint cover
- Easy and quick access to medical experts
- Menopause advice and support
- Health and wellbeing perks



**All your cover and benefits
in one place download
My Bupa**



*As of September 2023, this comparison to other products in the market is based on Bupa's and Defaqto's interpretation of the differences between the Bupa's SME Select health insurance and other health insurance products offering mental health cover. The comparison excludes any special offers or promotions which may temporarily alter the cover offered. Cover comparison information is for personal use and guidance only and does not constitute any contractual representation, warranty or obligation by either Bupa or Defaqto about the completeness, accuracy, reliability, suitability or availability of the comparison. Neither party accepts any liability for errors, omissions, direct or consequential loss in relation to this comparison.

Health is fast access to the care you need

Taking time off to go to a doctor's appointment isn't always ideal and can add up. With our digital GP app, you can schedule a GP appointment and talk to them from home, the office or wherever works best for you. You can also speak to a nurse, pharmacist, physiotherapist, or mental health expert.

Great features to make your life easier:

- See a GP, pharmacist or nurse through your smartphone or tablet within 24 hours
- A symptom checker with helpful information about any possible conditions
- Expert advice on next steps
- Order and track your prescriptions
- Get prescriptions delivered to your door or local pharmacy within 48 hours*

*Click and collect private prescriptions can usually be picked up within 60 minutes from your chosen pharmacy, depending on your pharmacy opening hours. You can collect over the weekend at selected pharmacies. Prescription delivery is available Monday to Saturday - same day delivery in Greater London and next day delivery in the rest of the UK if you select before 5pm. The cost is paid for by the individual as this is a private prescription.

Cover at your fingertips

Health is your cover at your fingertips

Take care of your healthcare anywhere and at anytime with My Bupa app. Simply put, My Bupa is your Bupa cover in your pocket.

Our handy app puts all your cover and benefits in one place. It gives you immediate access to everything from your cover documents and claims history, to treatment information and health assessment results.

Activate your account bupa.co.uk/mybupa

Or download My Bupa from your app store today



Health is feeling good on the inside

0345 600 8277

Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm.
We may record or monitor our calls.

Or visit bupa.co.uk/mental-health

In 2022/23, 875,000 people were affected by work-related stress, depression or anxiety in the UK¹.

So if you're struggling, you're not alone. No matter why you're having a tough time, you won't find a more extensive mental health cover elsewhere[^], so lean on us when you need support.

Easy access to mental health support

Focusing on your mental health will be different for different people. Whether it's tackling stress and anxiety or considering alcohol and drug use, our mental health professionals are on hand to listen and talk through the options available to you.

- 4,300 mental health therapists
- Support that's tailored to your needs
- Diagnosis and treatment for conditions like personality disorder

¹Work-related stress, anxiety or depression statistics in Great Britain. Health and Safety Executive.

[^]As of September 2023, this comparison to other products in the market is based on Bupa's and Defaqto's interpretation of the differences between the Bupa's SME Select health insurance and other health insurance products offering mental health cover. The comparison excludes any special offers or promotions which may temporarily alter the cover offered. Cover comparison information is for personal use and guidance only and does not constitute any contractual representation, warranty or obligation by either Bupa or Defaqto about the completeness, accuracy, reliability, suitability or availability of the comparison. Neither party accepts any liability for errors, omissions, direct or consequential loss in relation to this comparison.

Stop small worries turning into more serious issues

Get support through one of our seven Online Mental Wellbeing Programmes around stress, sleep, resilience, money worries, alcohol and body image with **SilverCloud Health**. Access the programmes today and work through them in your own time.

Register for My Bupa at bupa.co.uk/mybupa

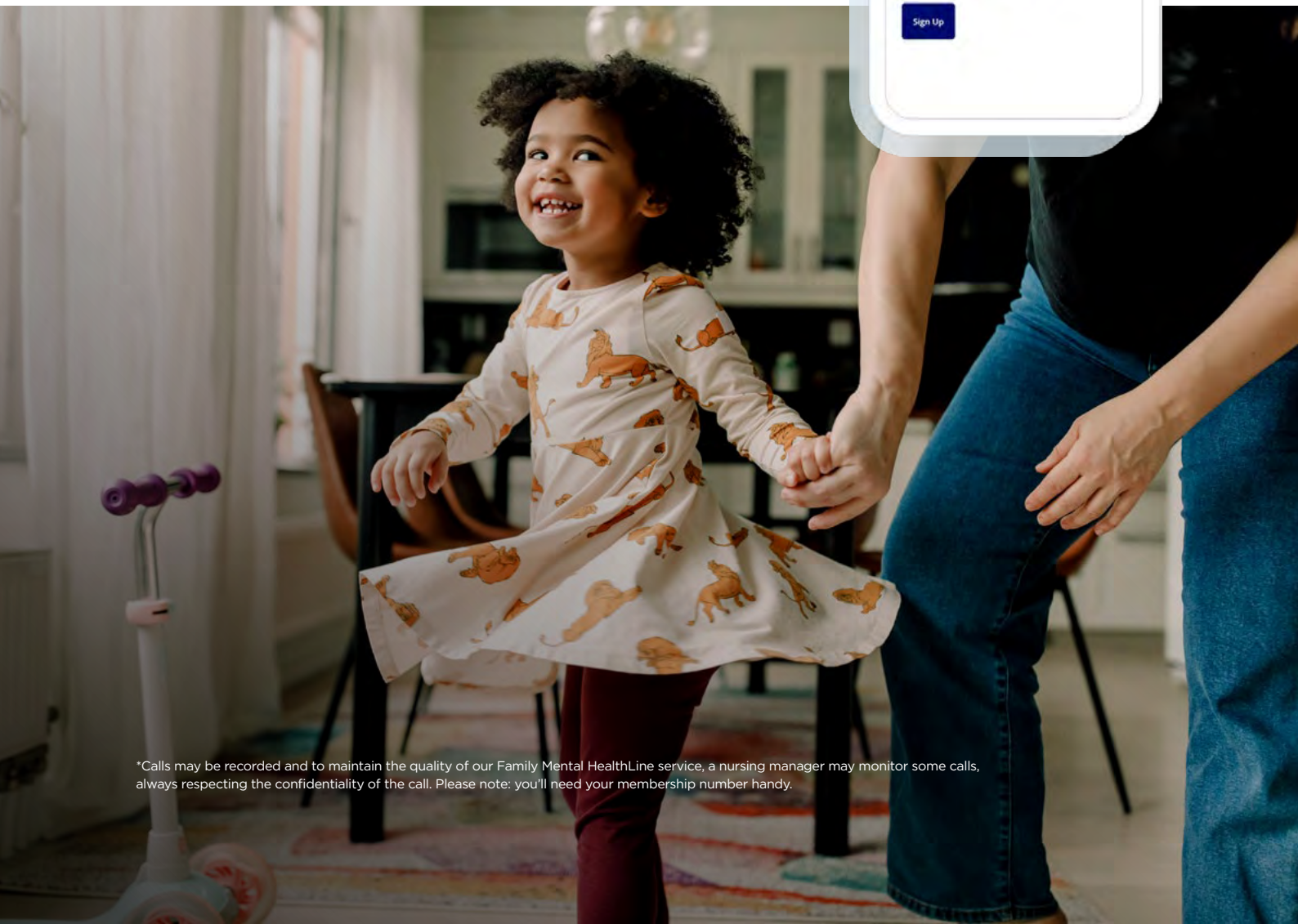
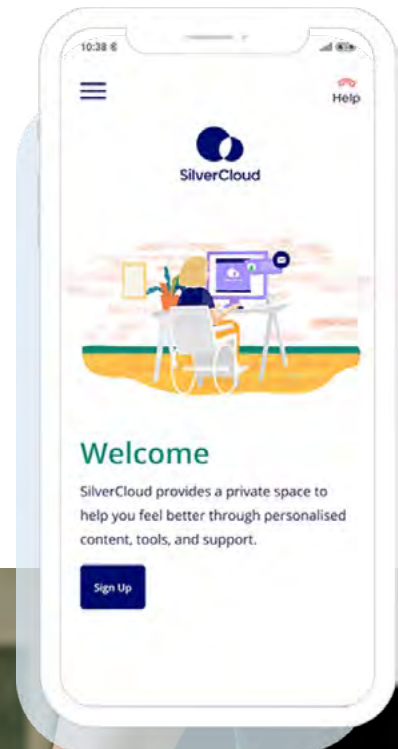
Click on the link to SilverCloud in the Mental Wellbeing tile.

Support your child or teen's mental health

Seeing your child or teen struggle with their mental health is difficult. Our Family Mental HealthLine gives parents and carers a place to go for advice and support from trained mental health nurses.

0345 266 7938*

Telephone support between 8am-6pm Monday to Friday via a dedicated helpline.



*Calls may be recorded and to maintain the quality of our Family Mental HealthLine service, a nursing manager may monitor some calls, always respecting the confidentiality of the call. Please note: you'll need your membership number handy.

Health is coping well with cancer

For as long as it takes. We'll look after you from diagnosis to treatment – even if the cancer comes back. There are no time limits or financial restraints[‡].

Phone our Oncology Support Team:

0345 850 0465

Find out more about our Cancer promise*
bupa.co.uk/health/health-insurance/bupa-cancer-promise



One in two people in the UK is diagnosed with some form of cancer in their lifetime². From your first worry to the all clear, we'll be by your side for your health and your mind.

Your diagnosis in one appointment

When you're worried about cancer, having to wait to see a doctor can feel stressful. Cut the wait and get a diagnosis in one appointment[†].

Emotional support to help you cope

Dealing with cancer isn't only tough on your body, it's also tough on your mind. That's why our trained counsellors will be by your side to help you to cope.

Your cancer treatment in half the time[^]

- The latest UK-licenced drugs or treatment, often before they're available on the NHS
- Clinical trials and advanced treatments, including cell therapies
- Our specialist cancer centres where you'll go for your diagnostic and your all-clear appointment, including breast, prostate and bowel cancer
- Our remote skin assessment service supports fast detection of skin cancer

²Overview – Cancer. NHS. [†]Guarantees an appointment with two working days for breast cancer and five working days for bowel cancer and provides initial diagnosis or the all clear in one visit.

[^]Aiming to start treatment with 31 days – half the national target, for breast and bowel cancers.

[‡]With Bupa full cancer cover, there are no limits on how long your treatment lasts or how much it costs, for as long as you have Bupa health cover. If you set a maximum benefit limit, either for each renewal year or the full length of time that you're with us, we'll cover eligible costs until you reach your limit. You must use a hospital or health centre from the Bupa network and a consultant that we recognise and charges within Bupa rates (a fee-assured consultant).

Direct Access

Health is your worries eased anytime

Sometimes there just aren't enough hours in the working day to deal with small niggles or health worries. That's where our Anytime HealthLine comes in, which can give you fast, free and friendly reassurance, anytime.

Call our Anytime HealthLine to talk to one of our experienced nurses, 24/7.

0345 604 0537*

*Calls may be recorded and to maintain the quality of our Bupa Anytime HealthLine service, a nursing manager may monitor some calls always respecting the confidentiality of the call. Please note: you will need your membership number when calling.

Health is the menopause support you deserve



Most women experience menopause symptoms, which affect them negatively at work³.

Business as usual can be tough if you're struggling with sleep, memory or concentration. Get support to make it easier at work and home with our Menopause HealthLine*.

Find out if you're going through the menopause, talk to a doctor who understands, and get personalised menopause support.

0345 608 9984*

Lines are open from 8am to 8pm, 365 days a year.

Or visit bupa.co.uk/womens-health/menopause-support

³Menopause and the workplace survey results. House of Commons Women and Equalities Committee.

*Call a menopause-trained nurse for trusted advice. No matter how often you call, it won't affect your policy or premiums. Named partners and dependants on your health scheme can also use this service. Calls may be recorded and to maintain the quality of our service we may monitor some of our calls, always respecting the confidentiality of the call.

Specialist treatment

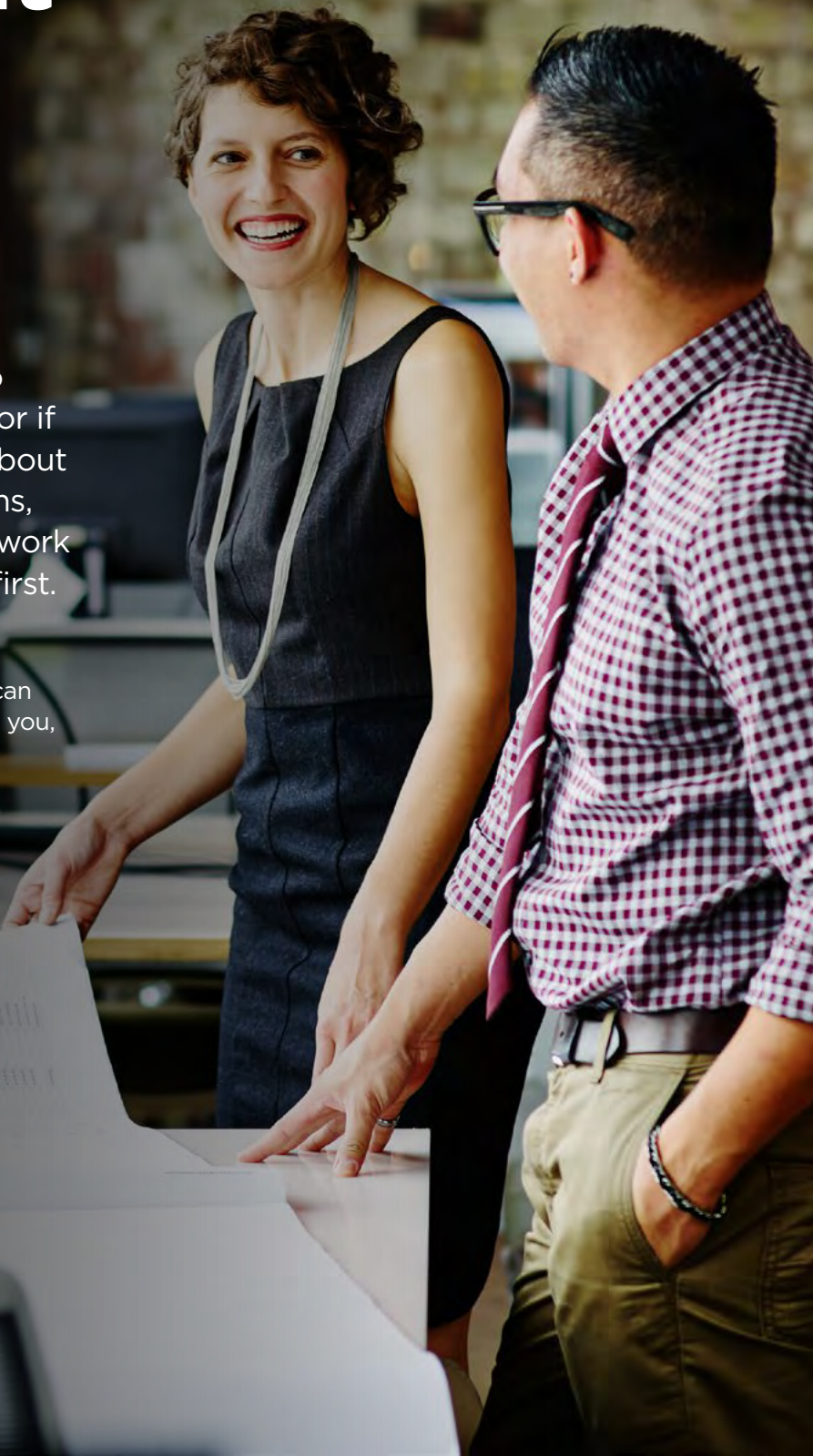
Health is specialist treatment with less wait

If you have symptoms related to cancer, mental health, skin care or if you want to speak to a physio about muscle, bone and joint symptoms, you don't need to take time off work to see your GP to get a referral first.

Whatever it is, come direct to us and we can book an appointment with a specialist for you, so you can get the help you need sooner.

0345 600 8277

Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm.
We may record or monitor our calls.



Additional benefits

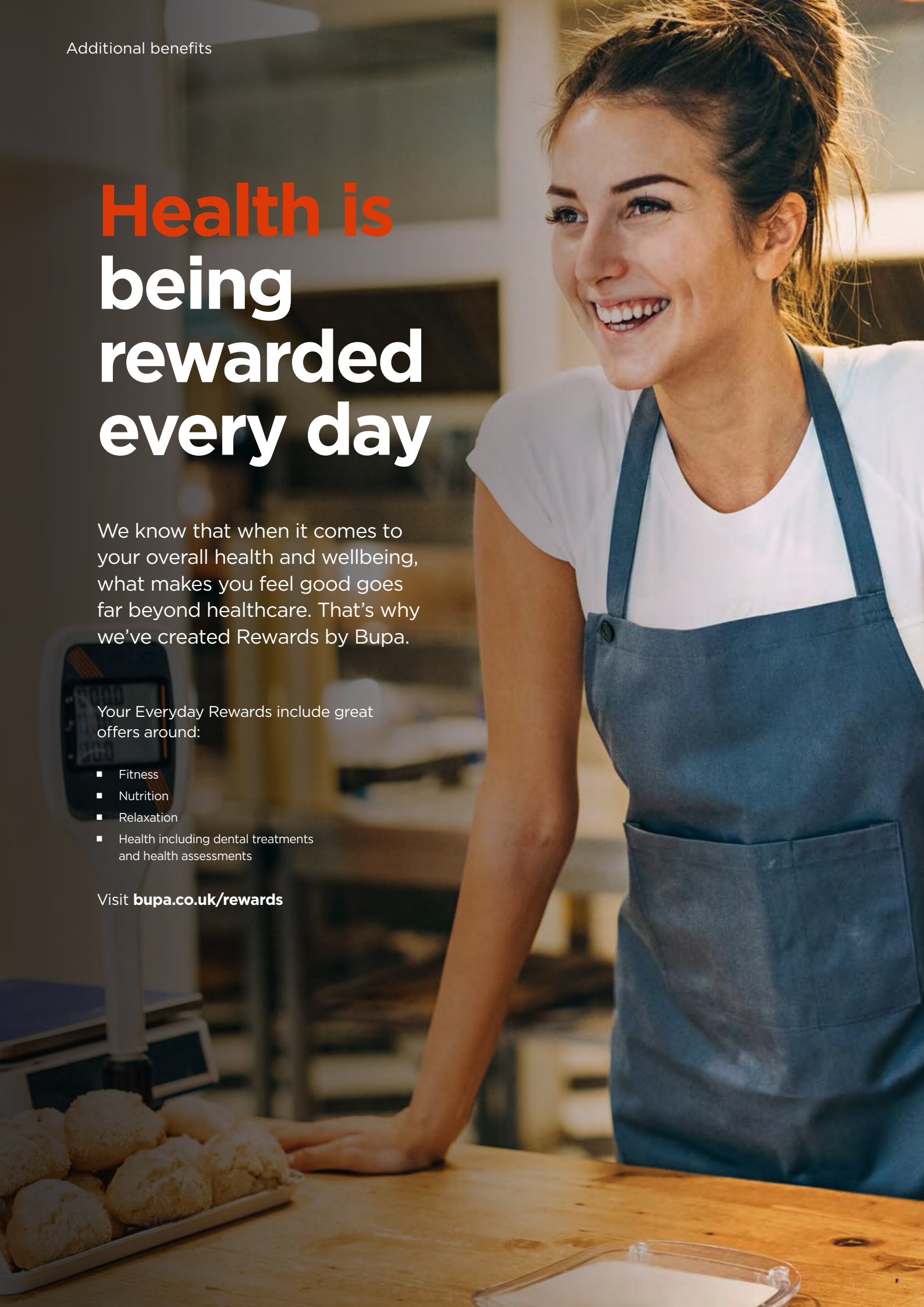
Health is being rewarded every day

We know that when it comes to your overall health and wellbeing, what makes you feel good goes far beyond healthcare. That's why we've created Rewards by Bupa.

Your Everyday Rewards include great offers around:

- Fitness
- Nutrition
- Relaxation
- Health including dental treatments and health assessments

Visit bupa.co.uk/rewards





Get in touch

Access Bupa experts by calling the following HealthLines

Call us if you're worried about cancer, mental health or want to speak to a physio:

0345 600 8277

Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm.
We may record or monitor our calls.

24/7 access to speak to a nurse via our Anytime HealthLine:

0345 604 0537

Calls may be recorded and, to maintain the quality of our Bupa Anytime HealthLine and Family Mental HealthLine service, a nursing manager may monitor some calls, always respecting the confidentiality of the call. Please note: you'll need your membership number to hand.

Speak to a mental health professional via our Family Mental HealthLine weekdays from 8am to 6pm:

0345 266 7938

Telephone support between 8am - 6pm Monday to Friday via a dedicated helpline. Calls may be recorded and to maintain the quality of our Family Mental HealthLine service, a nursing manager may monitor some calls, always respecting the confidentiality of the call. Please note: you'll need your membership number handy.

or visit bupa.co.uk/mental-health

Sources

1. **Work-related stress, anxiety or depression statistics in Great Britain.** Health and Safety Executive. www.hse.gov.uk/statistics/causdis/stress.pdf, November 2023.
2. **Overview – Cancer.** NHS. www.nhs.uk/conditions/cancer, accessed October 2022.
3. **Menopause and the workplace survey results. House of Commons Women and Equalities Committee.** <https://committees.parliament.uk/publications/8995/documents/152634/default>, published February 2022.

*Lines are open Monday to Friday 8am to 8pm, Saturday 8am to 4pm. We may record or monitor our calls. Direct Access telephone services are available as long as the symptoms are covered under your policy. If your cover excludes conditions you had before your policy started, we'll ask you to provide evidence from a GP that your symptoms are not pre-existing for a period of up to two years after your policy start date or up to five years in the case of mental health. Always call us first to check your eligibility.

**Calls may be recorded and, to maintain the quality of our Bupa Anytime HealthLine and Family Mental HealthLine service, a nursing manager may monitor some calls always respecting the confidentiality of the call. Please note, you'll need your membership number to hand.

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