

Nutrition

Giving employees the tools and knowledge to make better nutritional choices

Whether it's to lose weight, reduce how much alcohol they drink or get an edge on their sporting performance, employees can work with a health adviser to gain a better understanding of their nutritional health.

A healthier approach to food, drink and exercise could help your people improve their overall wellbeing. Creating a much more resilient workforce.



Who's it for?

Anyone looking for expert advice on improving their nutritional health, whatever their wellbeing goals.

What's included?

Five modules for employees to choose from:

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

The consultation:

- ✓ 30 minutes with a lifestyle coach or health adviser discussing diet, exercise and current wellbeing
- ✓ An action plan to take away
- ✓ Access to content on bupa.co.uk and further guidance where appropriate

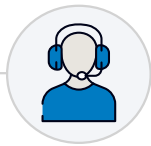
Plus ongoing support, if they need it:

Employees also get two additional 30-minute appointments to review their action plan or explore any other nutrition modules. These will be charged individually, each benefit year.

How does it work?



Employee contacts us to get a pre-authorisation code.



Employee calls our Clinics team to book their nutrition consultation.



Employee attends their virtual appointment and creates an action plan ready to take away.



Employee can use the same pre-authorisation code to book their other two appointments.

To find out more speak to your account manager or intermediary partner.