



# Workplace Health and Wellbeing Calendar 2024.

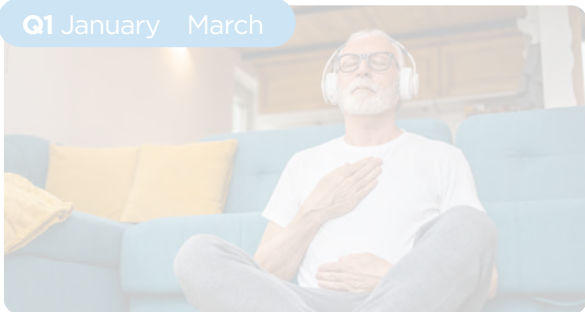
**Bupa. Better for business**

# Helping you plan for Q3.

Bupa can help keep you at the forefront of workplace health and wellbeing—through insights, practical support and innovative tools and services that help your people be healthier and happier. With a focus on helping your business address the challenges of retaining talent, adapting to the modern workplace and addressing the sustainability agenda. As your trusted partner we help your organisation get the benefits of better health and wellbeing.



Q1 January March



### Mental health

Empower your people with mental fitness

Mental health is not solely defined by diagnosing conditions. Instead, it's a spectrum of wellbeing that everyone experiences every day. Being mentally fit is just as vital as being physically fit. By promoting fitness initiatives such as stress management programmes, mindfulness training and coping mechanisms, businesses can contribute to a culture that values and safeguards the psychological health of their workforce.

#### Key Topics

- Engaging men in mental health
- Addressing addiction
- Building resilience through early intervention
- Work-life balance
- Sleep hygiene
- Impact of lifestyle on mental health

#### New Services

- Digital Wellbeing
- Neurodiversity benefit
- Urgent care

### Horizons Live on 13<sup>th</sup> February

Addiction doesn't stop at the office door

Q2 April - June



### Inclusive health

Bolster inclusion & create a safe place to work that's good for business

Promoting inclusive health in the workplace is crucial for people from diverse backgrounds to feel valued and respected. It contributes to employee wellbeing by addressing unique health needs and promoting a sense of belonging in the modern workplace. Embracing inclusive health practices enhances overall organisational productivity and employee satisfaction.

#### Key Topics

- Neurodiversity in the workplace
- Disability inclusion
- Period health
- Sexual function
- Gender dysphoria
- Fertility

#### New Services

- Bupa Well+

#### In Development

- LGBTQ+ support
- Fertility Support
- Expanding our 24/7 support

### Horizons Live on 8<sup>th</sup> May

Family and fertility

Q3 July September



### Multigenerational workforces

Unlock the potential of an age-diverse workplace

Multigenerational workforces bring a breadth of experiences, perspectives, and skills to the workplace. Each generation possesses unique strengths, and we explore how embracing the diversity within a multigenerational workforce not only enhances productivity but also creates a vibrant workplace where individuals learn from one another, driving the success of the organisation as a whole.

#### Key Topics

- Young person's mental health
- Digital health solutions
- Diabetes
- Supporting children with mental health
- Carers
- Cancer screening

#### New Services

- CAMHS support

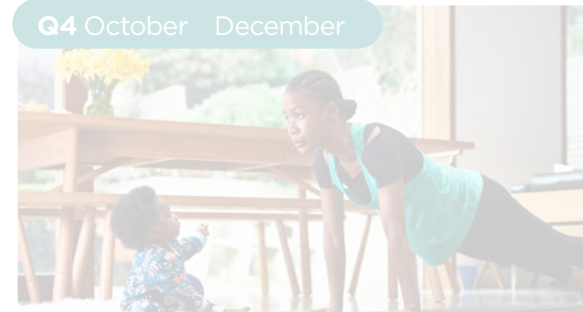
#### In Development

- Addiction support
- LGBTQ+ support
- Fertility support

### Horizons Live: September

Unlocking the potential of a multigenerational workforce

Q4 October December



### Preventative and proactive health

Elevate business potential through proactive and preventative strategies

Prioritising preventative and proactive health in the workplace is a strategic investment in the wellbeing of employees and overall success of an organisation. By fostering a workplace that prioritises prevention and proactive health, employers not only contribute to the long-term health of their workforce but also mitigate potential healthcare costs and absenteeism, creating a positive and sustainable work environment.

#### Key Topics

- Supporting chronic conditions in the workplace
- The business benefits of preventative healthcare
- Weight management
- Genomics and personalised medicine
- Balanced nutrition
- Heart health

#### New Services

- Weight management support
- CAMHS pathway
- Personalisation wellbeing support

### Horizons LIVE

Proactive and preventative health

# What to expect in Q3 July - September 2024

Multigenerational workforces - we will provide support to help build your health and wellbeing strategy

## Key themes

Multigenerational workforces

Young person's mental health

Diabetes

Cancer screening

July

August

September

Events

New services

Line manager support

Employee support

Awareness dates



Young person's mental health support

Bitesize Academy videos

Support guides

Articles on multigenerational workforces



Know Your Numbers Week 9th-15th  
UK National Inclusion Week 23rd - 29th

# Support for you and your HR, wellbeing and line managers.

## Thought leadership

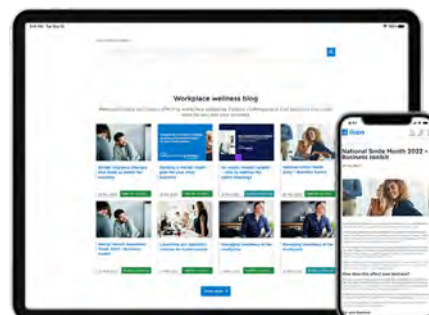


## Health Horizons

**HR** **Leaders** **Wellbeing teams**

**Quarterly events and monthly articles** bringing together industry experts, innovators, and thought leaders. We'll explore the emerging trends, cutting edge technologies and evolving practices in healthcare.

## Helpful perspectives



## Workplace Health and Wellbeing Blog

**Wellbeing teams** **Leaders** **HR**

**Our blogs and newsletters** keep our clients and intermediaries up-to-date with the latest news and issues affecting workplace wellbeing.

## Practical resources



## Bupa Academy

**Wellbeing teams** **Line managers** **HR**

**Line manager guides, 90 minute training sessions and bitesize modules** offering practical support, training, and resources to assist your wellbeing teams and line managers in managing health and wellbeing in the workplace.

# Support for your employees to engage in health and wellbeing.

## Raising awareness



## Health Awareness Day Toolkits

Employees

Health awareness toolkits produced each year supporting businesses in shaping comprehensive health and wellbeing campaigns.

## Promoting healthier living



## Inside Health

Employees

Quarterly events and weekly articles providing employees with the latest expert advice and health tips.

## Trusted guidance



## Health Information

Employees

Over 375 health information pages including tools and calculators sharing trusted information about conditions, treatments, and procedures; reviewed by experts, written in plain English.



# Thank you.

Contact your Account Manager or  
Intermediary Partner for more information.

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