



Workplace Health and Wellbeing Calendar 2025.

Bupa. Better for business



Helping you plan for Q1.

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.



Workplace Wellbeing Hub

Our Workplace Wellbeing Hub is your go-to place for line manager and employee support.

The Wellbeing Hub is constantly being updated with new and relevant materials to positively impact and inform every audience. **The hub is split into health and wellbeing themes** to make it easier to find the information you're looking for, including:

- Inclusive workspaces
- Mental health
- The future of health
- Cancer support
- Men's health
- Women's health
- Muscle, bone, joint conditions
- Promoting healthy lifestyles



Q1 January - March



The future of health is here

Living longer in better health

Advancements in preventative health programs, such as **genomics** and **precision medicine**, enable **early detection and treatment of health issues**. By promoting these innovations, businesses could enhance employee well-being, boost productivity and foster a positive workplace culture, **ultimately attracting and retaining top talent**.

Services

- ConnectedCare

Key Topics

- Preventative healthcare
- Future of healthcare
- Genomics

Health Horizons Live

The future of health is here, and it's personalised

Q2 April - June



Mental health

Addressing the cost of presenteeism in the workplace

Presenteeism, where employees work **despite poor mental health**, costs UK businesses significantly more than absenteeism¹, resulting in an annual productivity **loss of £42 billion**². By better supporting your people to seek help for their mental health, employers can foster a healthier, happier and productive workforce.

Services

- Young Persons Mental Health
- Addiction
- JAAQ

Key Topics

- Addiction

Health Horizons Live

Hidden addictions in the workplace

Q3 July - September



Inclusive health

Inclusion drives better business performance

Diverse teams are **35% more likely**³ to outperform competitors and **30% more effective** overall. **Inclusion** boosts staff retention by **50%**⁴, leading to a stable and committed workforce. Prioritising diversity and inclusion helps managers **drive superior performance** and cultivate a thriving organisational culture.

Services

- Inclusive Health Workplace Support including LGBTQ+ Support and Fertility Support

Key Topics

- Fertility
- LGBTQ+ support
- Disability inclusion in the workplace

Health Horizons Live

LGBTQ+ inclusion goes beyond pride

Q4 October - December



Cancer

Beating cancer at work and home

With **50% of cancer diagnoses** occurring in **working-age** individuals⁵, businesses must adopt holistic support strategies. Implementing flexible working arrangements, phased return-to-work programs, mental health support, and reasonable role adjustments can help **employees manage their health whilst maintaining productivity**. This approach cultivates a compassionate and resilient workforce.

Services

- Chronic - Specialist support and new specialist pathways including coaching

Key Topics

- Cancer and tech
- Chronic cancer care

Health Horizons Live

Tech transformation is coming for cancer

What to expect in Q1 January - March 2025

The future of health is here - we'll provide support to help build your workplace health and wellbeing strategy

Key themes

Prevention

Future of healthcare

January

February

March

Events

New services

Prevention support: ConnectedCare

Line manager support

Resources to reinforce the importance of preventative health and wellbeing to your employees

Tools to reinforce the importance of preventative health and wellbeing to your employees

[Powering healthier workplaces through prevention >](#)

[Prevention is a strategy for success >](#)

[Tackling presenteeism at work >](#)

[Setting healthy workplace goals >](#)

[Healthy eating during the workday >](#)

Bitesize Academy videos

[Supporting musculoskeletal \(MSK\) health in the workplace >](#)

[A guide for managers: Is your team burnt out or busy? >](#)

[Supporting employees with work related stress at work >](#)

[Supporting your teams heart health in the workplace >](#)

Employee support

Resources to help your employees maintain their health and wellbeing.

Support guides

[Disease prevention is getting personal >](#)

[Can gut health affect mental health? >](#)

[How dental health contributes to your overall health >](#)

Support Videos/Podcasts:

[Inside Health: A healthy perspective on weight management >](#)

[Inside Health: Managing your cancer risk >](#)

[Inside Health: Joint health and movement >](#)

[The Doctor Will Hear You Now Podcast: Gut Health >](#)

Awareness dates

Key health and wellbeing dates to look out for in Q1.

Cervical Cancer Awareness Week
20 - 26 Jan

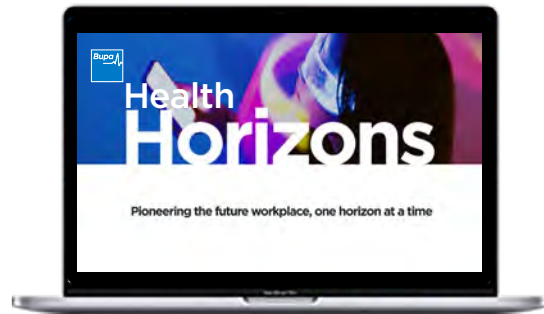
World Cancer Day
4 Feb

Time to Talk
6 Feb

Endometriosis Awareness Month
March

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

Thought leadership

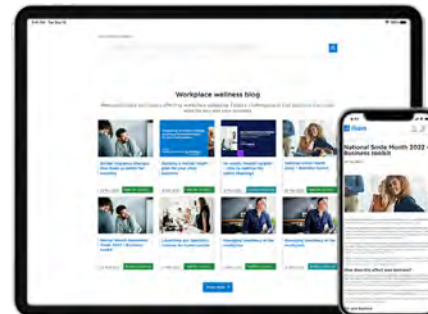


Health Horizons

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



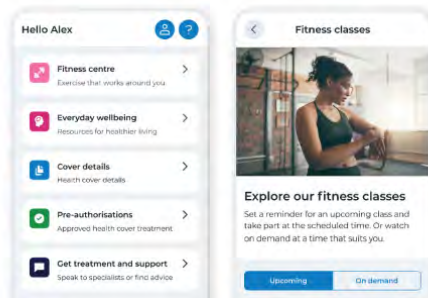
Bupa Academy

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.

Digital wellbeing



Mind and body wellbeing services

Employees

Explore resources to help you take care of your health and wellbeing. It's for all Bupa UK health insurance and trust members over 16 years old.

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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