



Men's Health toolkit

A guide to help business clients open up the conversation with their people to educate, inform and support.

There's never been a better time to talk about men's health

For far too long the topic of men's health has been on the backburner. But with Bupa progressing products, support and services in this area, the time is right for an open and honest conversation.

All employees have access to support with the following:

- Self-checks and examinations
- Sexual health
- Mental health and suicide prevention
- The importance of prevention
- Bupa's role as your trusted health partner

Within this guide there is a selection of content to help support, educate and highlight the importance of men's health topics and how to start these important conversations.



Self-checks and examinations

Sexual Health

Mental health and suicide prevention

The importance of prevention

Bupa's role as your trusted health partner



TIP

Use the table of contents in the right panel to quickly navigate the document.

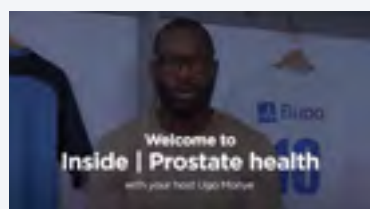
Self-checks and examinations



Self-checks and examinations

Only 28% of men have said they have undertaken self-examination and **only 1/3** know what signs/symptoms to look out for*.

That's why we have created the following support material so you can guide your male employees with full confidence.



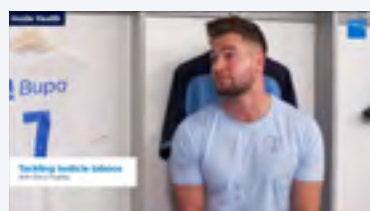
Inside: Prostate Health

[Watch video](#)



Line manager guide: Men's health

[Read](#)



Tackling testicle taboos

[Watch webinar](#)

We've created employee emails packaged up with this content, and ready for you to share with your people;

Sexual Health

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Bupa's role as your trusted health partner

Sexual health

One of the most taboo and personal of the men's health topics, but if it's not addressed can ultimately affect mood and confidence in the workplace.

Start this important conversation today.



Erectile dysfunction - Is it normal?

[Watch video](#)



Information about Erectile Dysfunction

[Read more](#)

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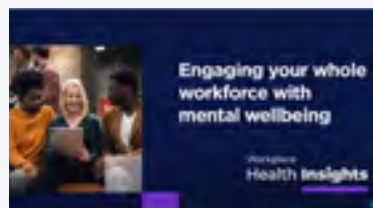
Mental health and suicide prevention

The following material has been designed to help you to engage with your employees, and in turn, support them in the workplace to cope with any mental health issues.



Tackling men's health crisis

[View guides and resources](#)



Engaging your whole workforce wellbeing

[Watch latest event](#)



Talking about suicide and support

[Watch video](#)



Men and mental health; podcasts for all

[Listen](#)



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The importance of prevention

Bupa has always believed in the benefits of preventative and wellbeing activities, namely healthy eating, exercise, no smoking, moderate drinking, and controlled gambling.

The following video can help your line managers to tackle any concerns within their teams:



Supporting men's health in work

[View help for line managers](#)

Other content:



Why is it hard to engage men's health?

[Read](#)



Further questions around men's health

[View more here](#)



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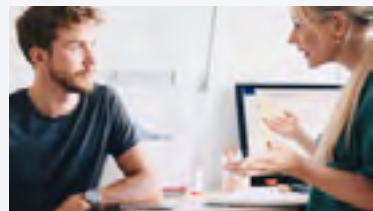
Bupa's role as your trusted health partner

At Bupa, we don't rest on our laurels when it comes to health in the workplace. That's why as part of your cover you have access to a wide range of world-class prevention initiatives and crisis-point support.



Bupa health information on mental health

[Read](#)



Questions about infertility

[Read](#)



Information on Fertility Checks

[Read](#)

Members can also get support and advice whenever they need it through our Anytime Healthline, call us on **0345 604 0537**.



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...and it doesn't end there.

Our health initiatives are on-going as we continually look for new ways to engage and educate around men's health. We hope it helps you to start the important conversation.

[Click here for further information](#)

Coming soon in 2023

New exciting partnership announcement to further support the men's health population

Extension to our proposition to respond to the demand for sexual function support

