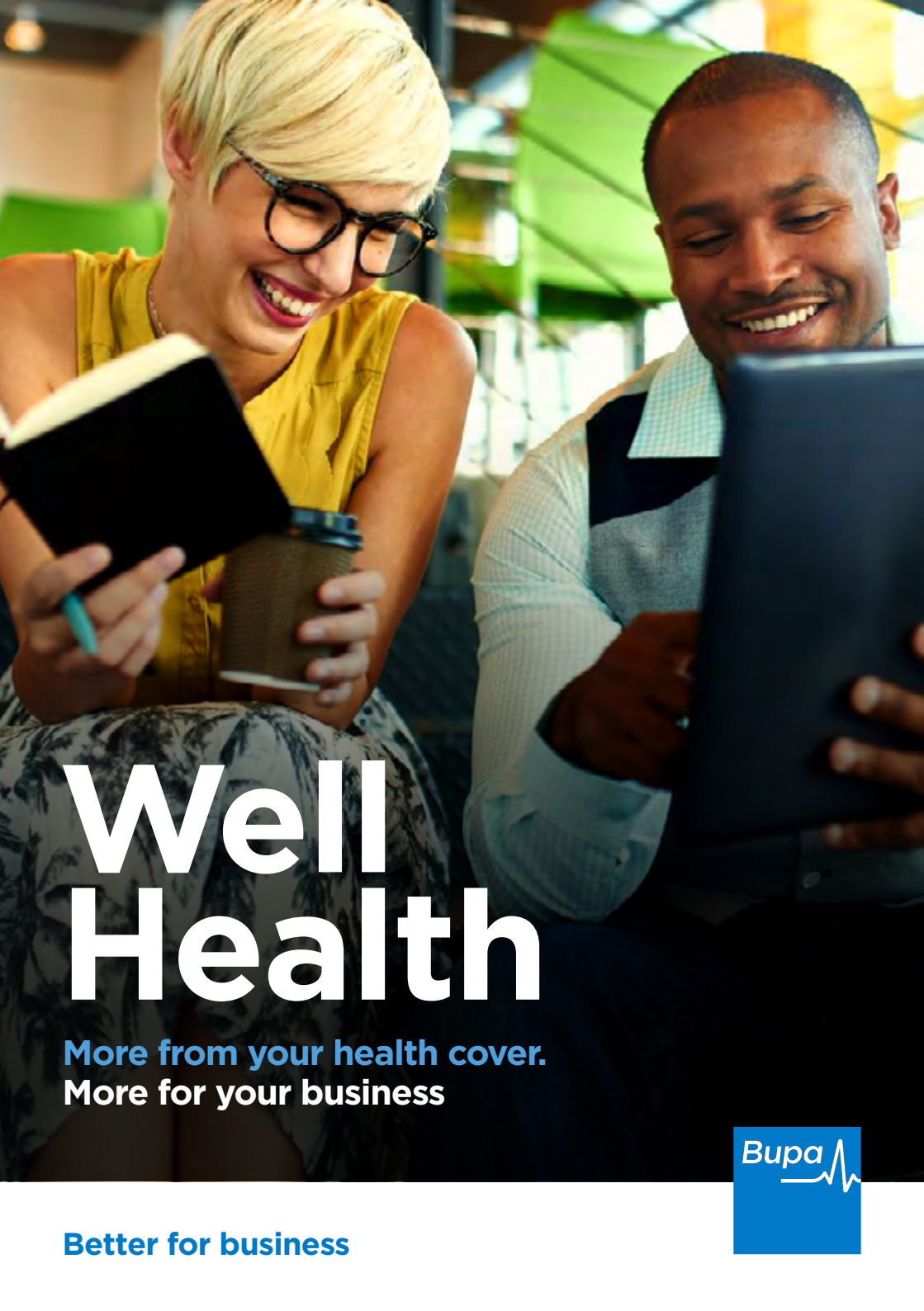


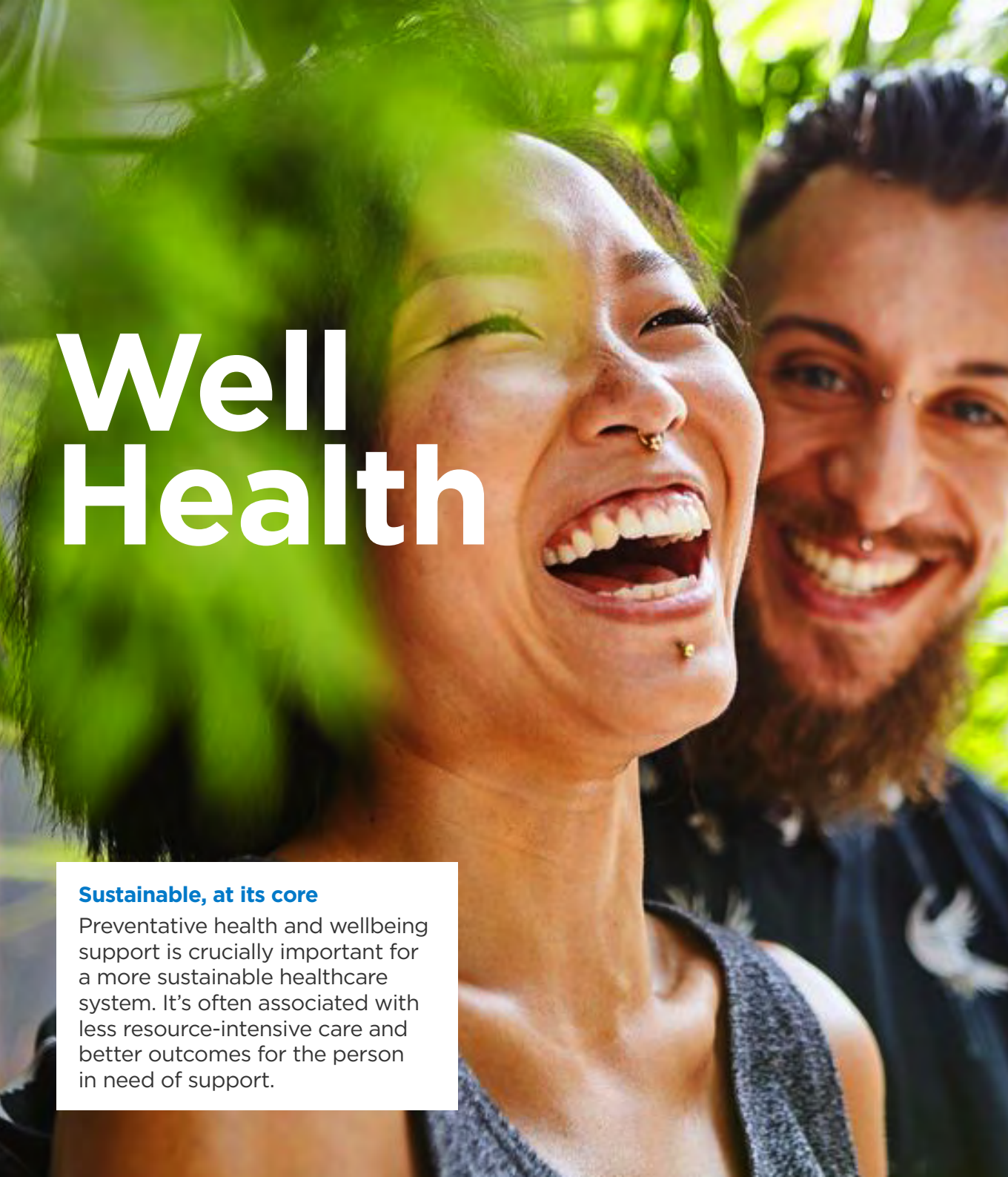


Well Health

More from your health cover.
More for your business

Better for business





Well Health

Sustainable, at its core

Preventative health and wellbeing support is crucially important for a more sustainable healthcare system. It's often associated with less resource-intensive care and better outcomes for the person in need of support.

Better health. Happier people. Stronger business

When it comes to your team's health and wellbeing, it pays to be proactive, but it can be difficult to know where to begin.

Start with **Well Health**.

What is Well Health?

Well Health empowers your employees to put their health first. With quick access to screening, diagnosis and aftercare for a range of wellbeing worries, it creates a much better chance of spotting a problem early, before it becomes a bigger concern.

How it works

If you're a corporate group with fifty or more employees on cover, explore our range of face-to-face and remote services to help expand your cover.

You can pick and choose the support your employees need the most. Helping your people get back into work sooner and feel at their best for longer.

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Targeted Cancer Screening

Fast, convenient ways to screen for common cancers.

We'll focus on spotting signs of some of the most common cancers and support employees with their next steps. Helping them to stay as healthy as can be. Where Targeted Cancer Screening is included as a benefit, your employees will be able to attend a Bupa Health Centre once each benefit year, as part of their outpatient allowance.



Suitable for:

Those aged 18 and over†



Doctor time:

Up to 30 minutes

Breast and Cervical Health

Employees can get a picture of their current breast and cervical health and any potential concerns in these areas. They'll then have the chance to talk those through with a doctor.

What's included?

- ✓ Full consultation including medical history review related to cervical and breast cancer
- ✓ Breast and pelvic examination* if clinically indicated
- ✓ Test for human papilloma virus (HPV) for those aged 25 and over†
- ✓ Cervical screening if clinically indicated^
- ✓ Onward referral during the appointment or upon receipt of any test results, if needed

Testicular and Prostate Health

Advice on the signs and symptoms of testicular and prostate cancer, plus a PSA blood test and examination if needed.

What's included?

- ✓ Review of medical history relating to prostate or testicular cancer
- ✓ Prostate Specific Antigen (PSA) blood test (age 50+)*
- ✓ Prostate and testicular examination*
- ✓ Onward referral during the appointment or once the PSA results are in, if needed



Bowel cancer screening

We'll screen for any bowel cancer symptoms with a stool test (qFIT) for those aged 45 and over.

What's included?

- ✓ Full consultation, including a medical history review relating to bowel cancer
- ✓ Onward referral during the appointment or once any results are in, if needed

There are around

59,000

new cases of breast cancer in women every year (420 in men): that's around 160 cases every day.

Breast Cancer UK, 2026

1 in 8

will be diagnosed with prostate cancer in their lifetime.

Prostate Cancer UK, 2026

Better for business

Lots of people worry about cancer. Adding cancer screening to your cover gives your people the best chance of spotting cancer as early as possible. This could mean better outcomes and a much more reassured workforce.

†HPV/Cervical screening tests are not clinically recommended for those under 25. Under 25's can discuss their concerns with a doctor who will advise on best next steps if there are medical concerns about this.

*Examinations and tests may only be provided if considered clinically appropriate by the doctor, depending on risk factors and medical history. Any results will be communicated securely by phone, letter or email within 14 days.

^Cervical screening tests (examination of the cervical cells under a microscope) will be carried out if HPV virus is present, in line with NHS guidelines for best practice.

Fertility check

Helping employees make informed choices about their fertility.

Our Fertility Check can help your employees gain a better understanding of their fertility. It could help them make decisions about having a family, now or in the future.



Who's it for?

Our fertility check is available to individuals or couples who may be having difficulties conceiving naturally. It also provides a useful overview of fertility for those who are considering delaying starting a family for career or personal reasons.



Female fertility check

- ✓ Medical history check
- ✓ Physical examination
- ✓ Ultrasound and blood test
- ✓ Antral follicle count
- ✓ Results



Male fertility check

- ✓ Medical history check
- ✓ Diagnostic semen analysis
- ✓ Mobility and morphology assessment
- ✓ Results

Better for business

Show your commitment to employee wellbeing with practical support in an often emotive and sensitive area of personal health. In return, this could create a greater sense of loyalty from your workforce.

How does it work?

Provided in partnership with CARE Fertility UK and Fertility Partnership on an outpatient basis, the benefit includes:

- a consultation with a fertility specialist where your employees can discuss concerns
- test for individuals or couples to help inform them about their current fertility
- a follow-up consultation with a fertility specialist to discuss results, medical history and lifestyle

Most of the assessments need only one or two visits to the clinic to complete all investigations and consultations. After the assessment and review, our fertility specialists will give your employees appropriate advice and signpost them to support.

1 in 7

Infertility affects around one in seven couples in the UK.*

*NHS, 2023, www.nhs.uk/conditions/infertility

Maternity Support*

Trusted information and support to build confidence for new parents.

Becoming a parent is exciting but it can also be overwhelming. In fact, 6 in 10 new parents say they feel lonely or isolated at least some of the time.[†] That's why we're working with the National Childbirth Trust (NCT) to give your people access to leading courses designed to support and teach them everything they need to know about parenthood.

The courses cover everything from pregnancy through to early parenthood. They also offer connections to local parent communities to help employees build their support network.

How does it work?



Employee contacts us to get a pre-authorisation code. We provide them with the contact details for NCT.



Employee calls NCT to book their course with their pre-authorisation number.



Employee attends their chosen NCT course.



NCT invoice Bupa directly.

*Available from 1 January 2026

[†]National Childbirth Trust (NCT), 2026, www.nct.org.uk

Better for business

Make parenthood easier for your people by giving them the support they need during one of life's biggest changes. Our Maternity Support benefit helps them get the tools to feel confident in the decisions they make for them and their baby.



Who's it for?

The Maternity Support benefit is suitable for anyone beginning their journey as a new parent. That includes same sex couples, single parents and adopting parents.

There are a range of courses covering all aspects of new parenthood, including pregnancy, childbirth, and early parenthood.

What courses are available?

Antenatal course

The UK's number one antenatal course will help employees feel prepared for pregnancy and childbirth.

Antenatal Refresher course

They'll refresh their knowledge of pregnancy and childbirth, and meet other expectant parents.

New Baby course

Your people will learn how to manage with a new baby and gain confidence as a parent.

Introducing Solid Foods workshop

This workshop teaches employees all the practical information they'll need to make the right decisions for their new baby.

Baby and Child First Aid

Delivered in partnership with Mini First Aid, your people will learn first aid suitable for babies under one and older children.

Face-to-face GP appointments

Helping employees see a GP quickly and get health worries sorted sooner.

Our face-to-face GP appointments add an extra level of health support to complement the NHS GP service. Longer appointment times mean employees can get the help they need to manage a condition alongside work.

Quality time with a GP to talk about complex health concerns in-depth.



Who's it for?

Anyone aged 18 and over who needs to see a GP quickly and at a time and location convenient to them.

Better for business

Convenient GP appointments for employees means less time spent away from work, with some clinics offering evening and weekend appointments. Super fast for them. Super convenient for you.



What's included?

- ✓ Advice and support on minor or chronic illnesses
- ✓ Private prescriptions – employees will need to cover the cost of any medication
- ✓ General health and wellbeing advice

Convenient diagnostics

If needed and where possible, we'll do minor diagnostic tests* on the day. These might include electrocardiograms (ECG) for checking the heart, and blood tests. Employees may need to call us first to pre-authorise diagnostic tests.

How does it work?

- Employees contact us to get authorisation for the GP appointment
- Employees can then call our booking team to book their appointment

*Additional charges will apply for diagnostic tests, and they'll be subject to your group's scheme and underwriting.

Menopause Plan

Expert menopause support to help employees feel like themselves again.

Most people who experience menopause do so during their working life. For some, symptoms can become so unmanageable, they're forced to leave their job. We're here to help before that happens.

With our Menopause Plan, employees can quickly access tailored menopause support. A menopause-trained GP will work with your employee to create an individual care plan, giving them the confidence to manage their symptoms.

Who's it for?

Anyone who'd like to talk to one of our specially trained doctors can book our Menopause Plan. It might be that employees are concerned about approaching menopause, or unsure if their symptoms are related to menopause.

What's included?

- ✓ 45-minute consultation with a menopause-trained Bupa GP
- ✓ Personalised advice on managing symptoms and help navigating next steps
- ✓ 30-minute follow-up consultation, to be taken anytime within 12 months of the first appointment
- ✓ Access to our nurse-led helpline, available any time and any day.

Better for business

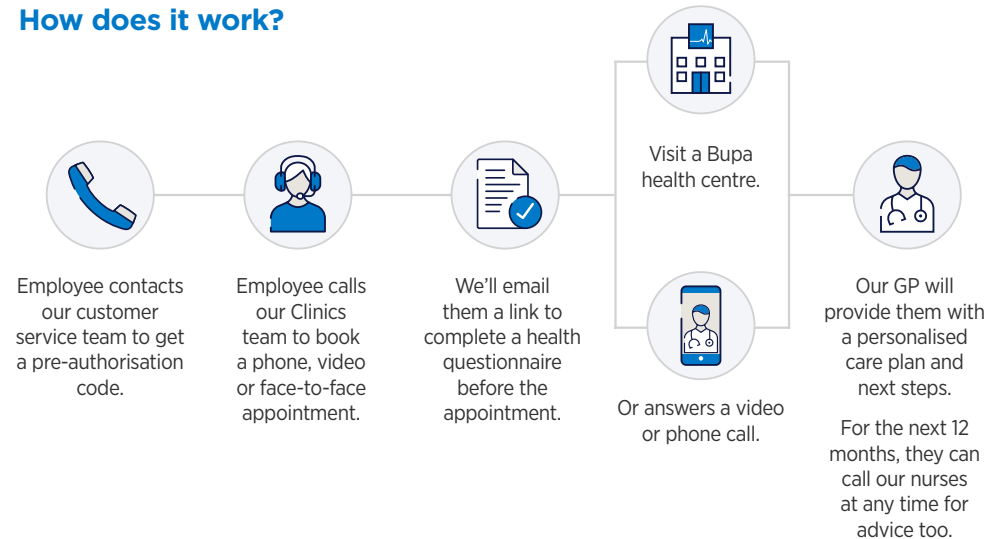
Losing your best people isn't good for business, but personalised menopause support is. Support your female talent in one of the most underserved areas of healthcare.



Over
50%
of women say
menopause
symptoms have
negatively affected
their performance
at work.

Department for Work & Pensions, 2025

How does it work?



Men's Sexual Function Plan

Expert guidance and a tailor-made plan to help get to the root cause of sexual function problems.

Sexual function problems such as erectile dysfunction are becoming more common in younger men of working age. It can be a tough topic for somebody to talk about and can lead to a downward spiral of worry.

Our Men's Sexual Function Plan is a tailor-made plan of action to help employees get to the root cause of the issue and give them the support they need to overcome it.

Who's it for?

Anyone aged 18 and over with any of these symptoms:

- Difficulty achieving and/or maintaining an erection
- Loss of early morning erections
- Ejaculation earlier than desired during sexual activity
- Delayed ejaculation or inability to ejaculate during sexual activity
- Loss of libido or reduced sex drive
- Any other concerns around sexual function

What's included?

In-Centre

- ✓ 30-minute initial consultation with a Bupa GP, including diabetes, cholesterol and testosterone blood tests
- ✓ 15-minute follow-up appointment
- ✓ Access to our nurse-led helpline, available any time and any day
- ✓ Help with next steps, including an onward referral or prescription,* if needed

Remote

- ✓ At-home testing kit for diabetes, cholesterol and testosterone levels
- ✓ 30-minute phone or video consultation with a Bupa GP
- ✓ 15-minute follow-up appointments, remote or face-to-face
- ✓ Access to our nurse-led helpline, available any time and any day
- ✓ Help with next steps, including an onward referral or prescription, if needed

How does it work?



Employee contacts us to get a pre-authorisation code.



Employee calls our Clinics team to book a face-to-face or remote appointment and arrange a blood test.



Employee attends their appointment with a Bupa GP and discusses their treatment plan.



Next steps could include a prescription or onward referral. Employees will also receive a follow-up and access to our nurse-led helpline.

*Private prescriptions with click and collect or home delivery options available. The cost of the private prescription is paid for by the individual. Charges for delivery will apply

Better for business

Problems with sexual function can affect more than just sex life. They can cause stress, relationship issues, low self-esteem and affect productivity at work. With our Men's Sexual Function Plan, we'll aim to get to the root cause of the problem.



Lifestyle coaching

Giving employees the tools and knowledge to make better lifestyle and 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 lifestyle coach or health adviser to gain a better understanding of their lifestyle and nutritional health.

With our Lifestyle coaching benefit, employees can choose from a range of modules to help keep them on track to achieve their health and wellbeing goals.

Who's it for?

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

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

Better for business

A healthier approach to food, drink and exercise could help employees maintain a healthy lifestyle. This could reduce the chance of them developing obesity-related illnesses such as type 2 diabetes and needing to take time off for other weight-related illnesses.



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 our website and further guidance where needed

Plus ongoing support, if they need it:

- ✓ Two 30-minute appointments, charged individually
- ✓ A review of the action plan

How does it work?



Employee contacts us to get a pre-authorisation code.



Employee calls our Clinics team to book their Lifestyle coaching 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.

Weight Management Plan

Our Weight Management Plan has been created to give a helping hand to those looking to manage their weight sustainably.

Whether employees are looking to lose or gain weight, or improve their overall nutrition, the Weight Management Plan provides personalised support to help them achieve their individual goals.

The plan also gives individuals access to expert GP guidance, which may lead to tailored lifestyle coaching or self-funded medication support where appropriate.

Who's it for?

Our Weight Management Plan is only suitable for people who are aged 18 years or over.

Weight loss medication is only suitable for people who:

- ✓ have a BMI over 30
- ✓ have a BMI over 27 and certain weight related conditions, such as sleep apnoea and high blood pressure
- ✓ don't have diabetes

What's included?

Face-to-face GP appointment

Our GPs will offer expert guidance to help your people choose the right treatment pathway for them: lifestyle coaching or medication.

Better for business

A structured weight management plan helps employees make sustainable health improvements. This supports workplace performance.



Lifestyle coaching support

They'll have access to three virtual coaching sessions with a Bupa health adviser. They'll focus on behaviour change, nutrition, physical activity, and motivation. We'll help them:

- ✓ understand weight challenges and support them to meet their goals
- ✓ support to improve eating and sleeping habits, boost physical activity, and manage stress
- ✓ learn how to make sustainable adjustments to support your weight goals
- ✓ understand behavioural factors affecting weight changes

Access to medication

If medication is the right choice, their monthly prescription* will be at a reduced cost from the Bupa Clinics standard rate. They'll also have access to repeat prescriptions and coaching support throughout their plan.

Nurse support, anytime

Your employees will have access to our Anytime HealthLine for 12 months. They'll be able to speak to a nurse, day or night, and get their questions answered.

*The cost of the prescription isn't covered by the health scheme so you'll need to cover the cost yourself.

Medication Check

Who's it for?

Suitable for:

UK resident employees, aged 18+ who have a long-term condition that requires regular medicine.

Not suitable for:

Recipients of a bone marrow, stem cell, liver or kidney transplant at any time, or a blood transfusion within the last 4 weeks.

Add to a corporate health scheme:

This is an optional benefit available at an additional cost. There is the flexibility to choose whether to extend to all individuals on the registration or limit to employees only who are aged 18+.

What's included?

- Home test kit – a simple saliva sample
- Effectiveness report for more than 100 medicines commonly prescribed for illnesses such as:

- ✓ cardiovascular disease
- ✓ diabetes
- ✓ pain management

Each test comes with the option for the employee to discuss their results with a Bupa GP to make sure they feel informed and in control.

Better for business

Focusing on reducing medication side effects and improving the management of long-term conditions helps keep employees healthier, more stable, and able to perform at their best. This leads to fewer absences, lower healthcare costs, and a more productive, resilient workforce.



Find out more about **Well Health** services for your business

Targeted Cancer Screening

Fast, convenient ways to screen for cancer symptoms.

Fertility check

Helping employees make informed choices about their fertility.

Maternity Support

Trusted information and support to build confidence for new parents.

Face-to-face private GP appointments

Helping employees see a GP quickly and get health worries sorted sooner.

Menopause Plan

Expert menopause support to help employees feel like themselves again.

Men's Sexual Function Plan

A tailor-made plan to help get to the root cause of sexual function problems.

Lifestyle coaching

Giving employees the tools and knowledge to make better lifestyle and nutritional choices.

Weight Management Plan

Tailored support to achieve and maintain a healthy weight.

Medication Check

Personalised guidance to help employees with chronic conditions identify the most effective medications based on their genetic profile.

Find out more, call us now

Or speak to your account manager or intermediary partner.

Monday to Friday 8am to 5pm. We may record or monitor phone calls.

Any of the Well Health benefits can be included within your Corporate Insurance or Health Trust scheme. It may be possible to purchase these services separately via Bupa Clinics, with the exception of Maternity Support, Fertility Check and Lifestyle coaching.

Bupa. Better for business

Health trusts, Bupa Anytime HealthLine and Bupa private GP services are not regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

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Registered office: 1 Angel Court, London EC2R 7HJ

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