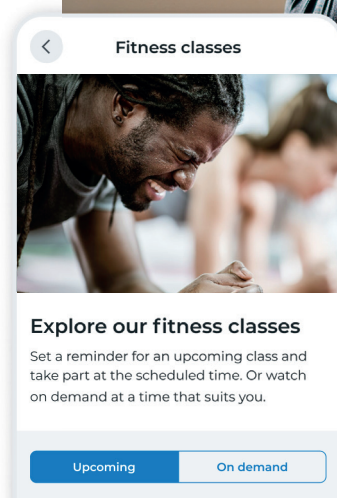
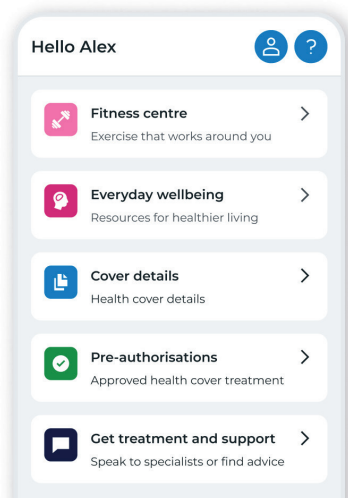
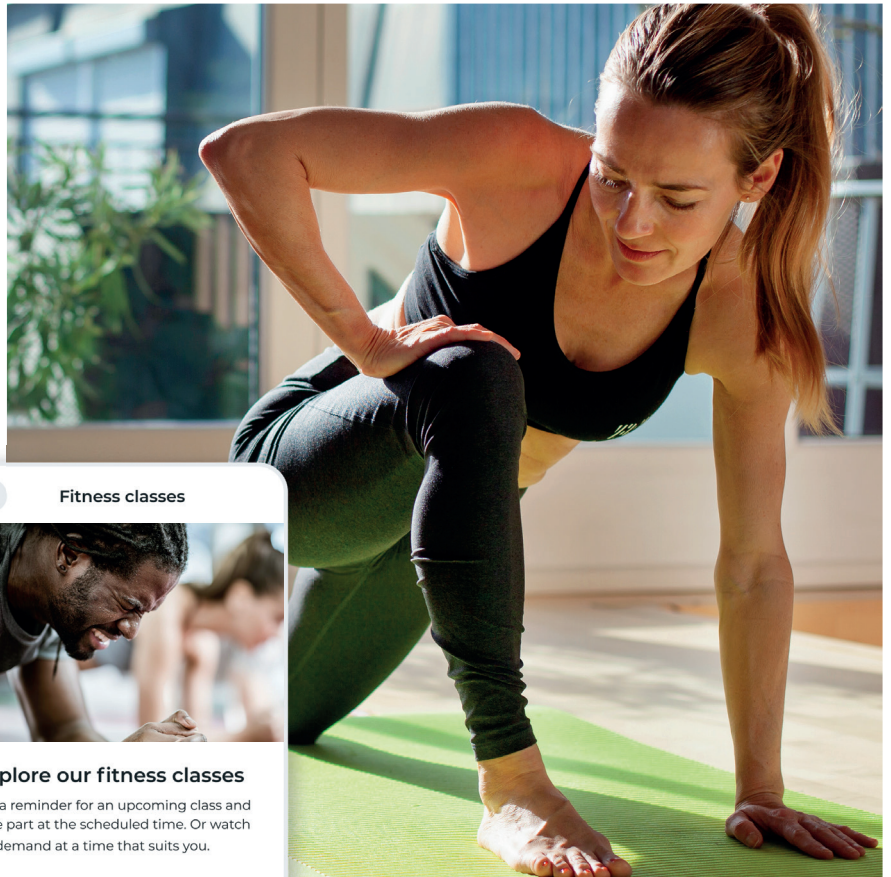




This is health



The easy way to make wellbeing work for you

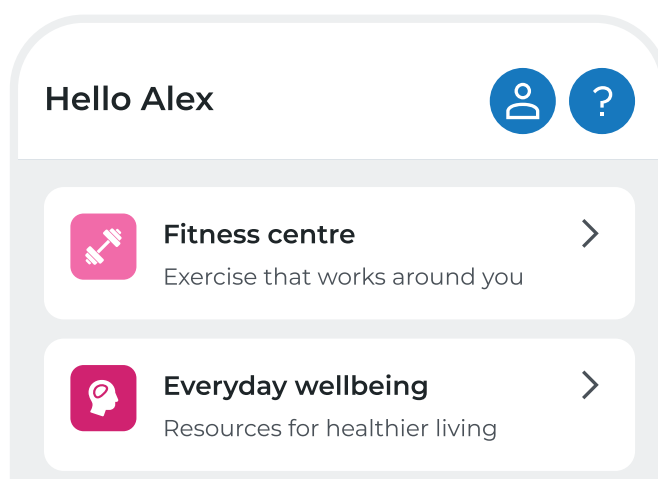


As a Bupa UK health insurance or health trust customer you can now access our new suite of digital wellbeing services in the **My Bupa** app.

Wellbeing that works for all levels, interests and abilities

Our wellbeing services are designed to help keep your mind and body healthy.

From ways to help your mental health to quick workouts, you can use our services whenever you want.*



Fitness centre

- ✓ From **yoga to HIIT workouts**, there are over 1,500 live and on demand classes to choose from.
- ✓ Build your own personalised **exercise plans**, through targeted workouts designed for all abilities.

Everyday wellbeing

- ✓ A guided **meditation space** to guide you through breathing, sitting, walking or stretching meditations.
- ✓ Access to **articles and videos** to help you take proactive steps towards better wellbeing.



Scan the QR code. Get started.

Or search for **My Bupa** on your app store.



*My Bupa and the services can only be accessed whilst you are in the UK.

Wellbeing services are not available for use by customers under the age of 16. Further details regarding eligibility and use of the wellbeing services are provided when you use the app.

The wellbeing services are not intended for use in the event of an emergency, instead call 999 or go to your nearest A&E department. The services are not designed to diagnose or provide medical advice or treatment and should never be used as a replacement for a qualified medical professional.

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The wellbeing services are provided by both Bupa Insurance Services Limited and Spectrum Wellness UK. Spectrum Wellness UK Limited registered in England with company number 11815511. Registered office: Huckletree Ancoats, 9 Great Ancoats Street, Manchester M4 5AD

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