

# Get easy access to your cover and benefits online

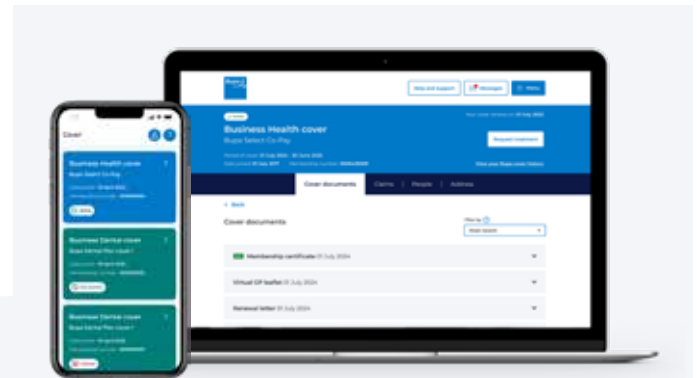


## Introducing My Bupa

### Helping you keep track of your cover in a few clicks

My Bupa makes managing your health cover a breeze. Get easy access to your claims history, policy documents and treatment information. Plus, your everyday wellbeing benefits are at your fingertips.

Download My Bupa from the [App Store](#) or [Google Play](#)



### It's easy to get going

- Go online at [bupa.co.uk/mybupa/dashboard](https://bupa.co.uk/mybupa/dashboard)
- Register using your details as they appear on your cover document
- Go through multi-factor authentication, keeping you and your information safe
- Once in, find your cover and benefits all in one place



#### Check claims history

We've added claims history to My Bupa to give you easy access to your past claims. You can see all your documents and claim details.



#### Request treatment at any time

Use My Bupa to ask for help or to see a consultant. There's no need to phone and it isn't always necessary to see a GP first.\*



#### Chat to a nurse 24 hours a day

If you're worried about your health, or about a sick child in the middle of the night, you can speak to our nurses anytime, 365 days a year.



#### See all cover details and documents

See what you're covered for at a glance, update your personal details and make changes quickly.

## Additional features

- ✓ Online account management
- ✓ Reach our team quickly through Live Chat
- ✓ Search 100's of health information articles
- ✓ Find a Bupa recognised doctor or clinic
- ✓ 1,500+ digital gym classes and health programmes
- ✓ Digital GP consultations available 7 days a week†
- ✓ Mental health support services
- ✓ Virtual physiotherapy sessions
- ✓ Access Family Mental HealthLine
- ✓ Access mental wellbeing programmes with SilverCloud

\*Any onward referrals for consultations, tests or treatment are subject to the benefits and exclusions of your cover. Please check your guide and certificate for further details or contact us to check your eligibility.

†Access to digital GP from 6am to 10pm every weekday and 8am to 8pm on weekends.

My Bupa, Bupa health trusts, Anytime HealthLine and Family Mental Healthline are not regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

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