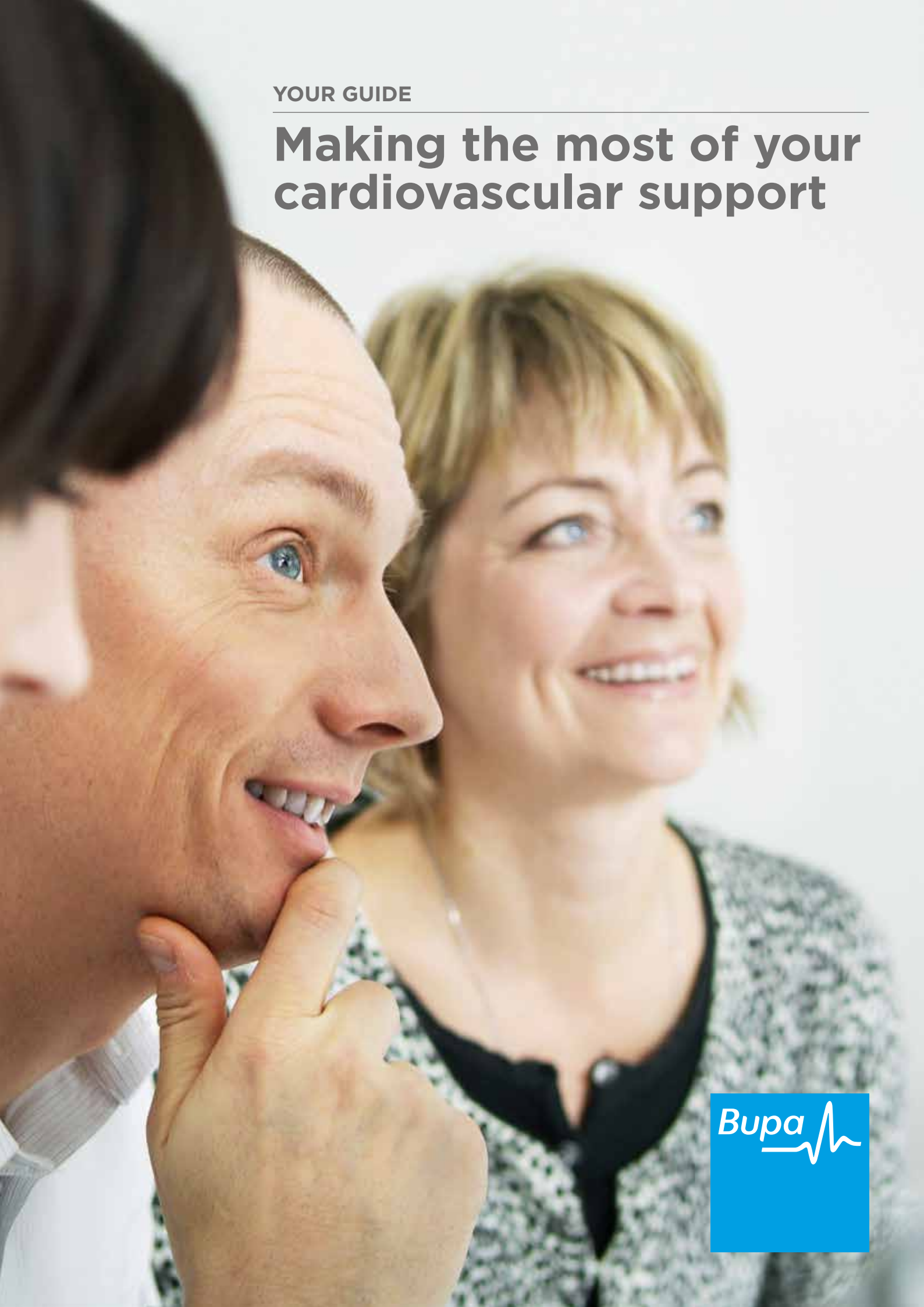


A close-up photograph of a man and a woman. The man, in the foreground, is looking to the right with a thoughtful expression, his hand near his chin. The woman, slightly behind him, is also looking to the right and smiling. The background is a plain, light color.

YOUR GUIDE

Making the most of your cardiovascular support

Bupa 



Keep the heart of your business beating

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Business benefits

Cardiovascular disease can have a devastating effect on your employees and a negative impact on your business.

By giving your employees access to a range of cardiovascular support services, you can help to keep your workforce healthy and your business more productive.

This could also help to instil loyalty, as well as attract and retain key members of staff.

Employee benefits

We offer proactive guidance and access to 24/7 support for your employees, to help keep them healthy and reduce the risk of cardiovascular problems developing in the first place.

We also offer support when people have cardiovascular concerns, with help diagnosing their conditions.

If these problems turn out to be cardiac related, we can help them to get through it with treatment and aftercare, as well as the emotional and financial support they need.

Lifestyle and prevention

We have a wide range of support services, engagement tools and apps, to help your employees to take ownership of their own health and wellbeing.



Bupa Boost

Bupa Boost is a new digital platform which can help people with all aspects of their health and wellbeing, whilst encouraging healthy competition amongst colleagues.

Focuses on all areas of wellbeing

More than just fitness, Bupa Boost covers all areas of health

- mindfulness
- nutrition
- relaxation
- fitness

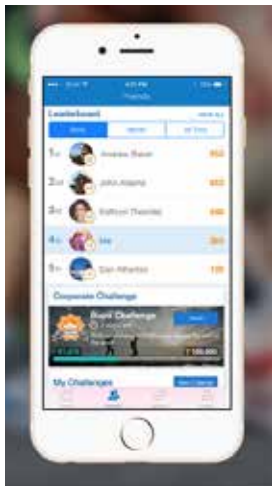
It's a holistic approach that can help with everything from stress to managing a low fat diet.

Provides health information

Bupa Boost also gives employees a short cut to our A to Z of health information online, plus access to the Anytime HealthLine for advice and information around the clock.



Bupa Boost gives you a platform to connect with your employees and encourage positive health, in and out of the workplace, 24 hours a day, 365 days a year.



Helping employees to monitor their health

We offer support services to help people monitor their health and reduce potential risk factors, including:

- consultations and advice
- blood pressure checks
- cholesterol checks
- stress tests

Our smoking cessation programme offers telephone support and motivation to kick the habit.

Our weight management programme offers telephone support and motivation to help people make healthy food choices.

Our online BMI calculator can help you to work out if you're a healthy weight for your height.



Diagnosis and treatment

We offer practical and emotional support to help your employees through this difficult time.

Cardiac Support Team

Our team is here to manage every aspect of your employee's case – from coping with their condition, to treatment options, billing and financial support.

Their time is dedicated to working with people who have cardiac disease, so they can offer advice on a wide range of conditions and treatment options.

They can also give advice on what questions to ask your doctor in consultations, which could help to reduce waiting times and avoid unnecessary diagnostic tests.

Our specialist team is made up of:

- Cardiac Nurses
- Expert Cardiac Advisers
- Dieticians

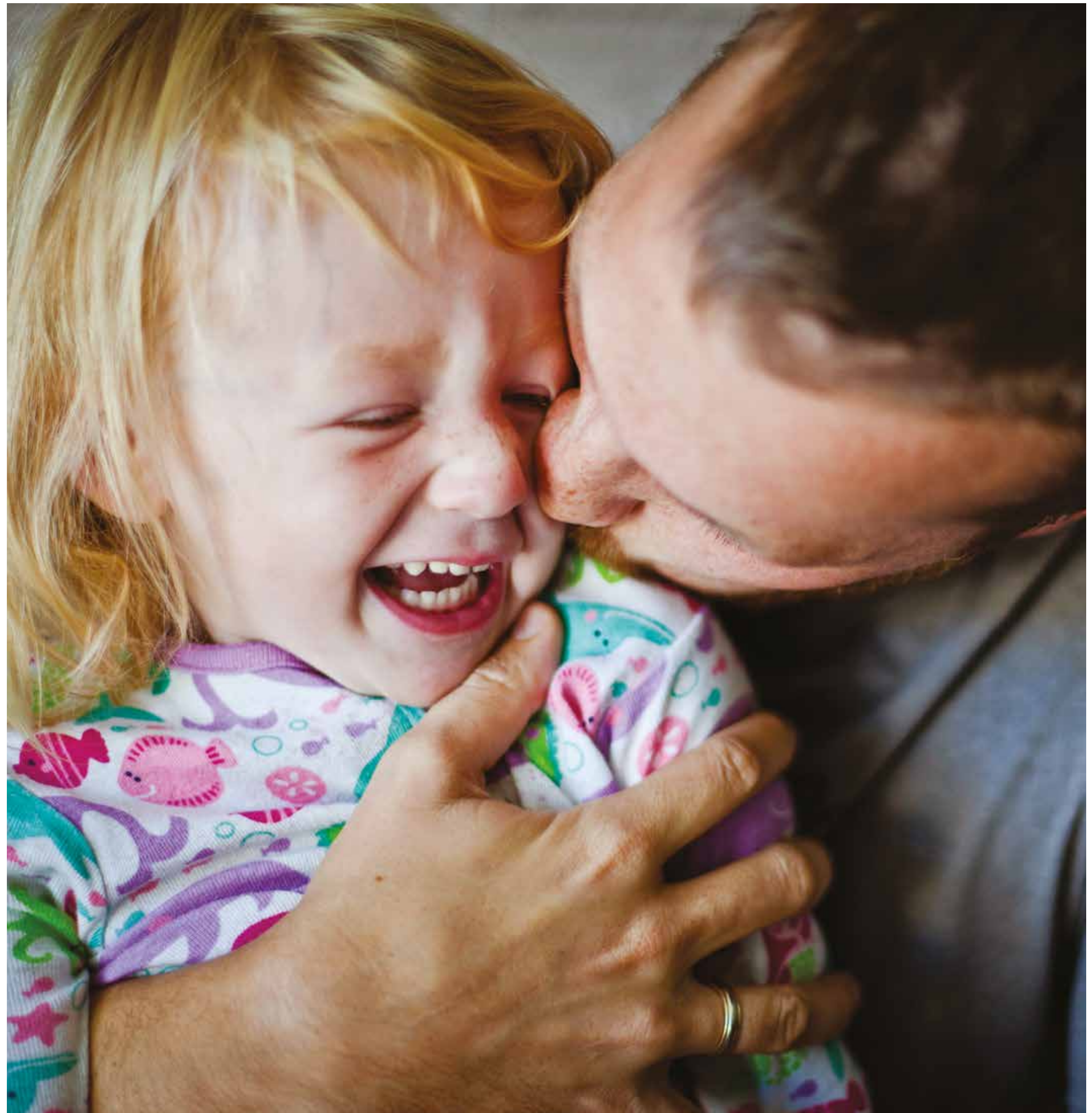
Treatment Options Service

This specialist service is here to explain your employee's options and help them to get the treatment they need. This should help them feel more in control and complement the service offered by doctors.

- Gives employees the full facts about their condition
- Enables employees to make informed decisions
- Sets realistic expectations about risks and benefits

Preoperative Support

This programme gives employees the opportunity to spend dedicated time with a nurse, who will explain the different aspects of surgery – such as anesthesia. This should help to put their mind at ease, prior to an operation.



Aftercare, support and advice

We offer ongoing support and advice after your treatment, to aid a healthy recovery and reduce the chance of further complications.

Health coaches

Following your employee's treatment, our health coaches will offer advice on various aspects of recovery – such as wound management and pain relief. They can also highlight any areas of their recovery that might require medical intervention, and provide estimated recovery times.

Cardiac support programmes

Our cardiac support programmes can offer support after your employee's treatment, and help them to self-manage their condition.

Long-term condition support

We offer continued support for employees who have been diagnosed with a long-term cardiac condition. Our health coaches can help them to manage their condition by explaining the potential treatment and medications available to them. They can also help to ensure any necessary checks are being carried out.

The COACH Program™ by Bupa

This six-month telephone-coaching programme offers expert coaching and advice from dietitians and nurses, following a cardiac treatment or event.

We work with your employee's GP and existing rehab programmes – tailoring the advice to fit in with any current medication – to promote self-management and good heart health.

This can be highly effective for controlling cardiovascular conditions and preventing further problems.

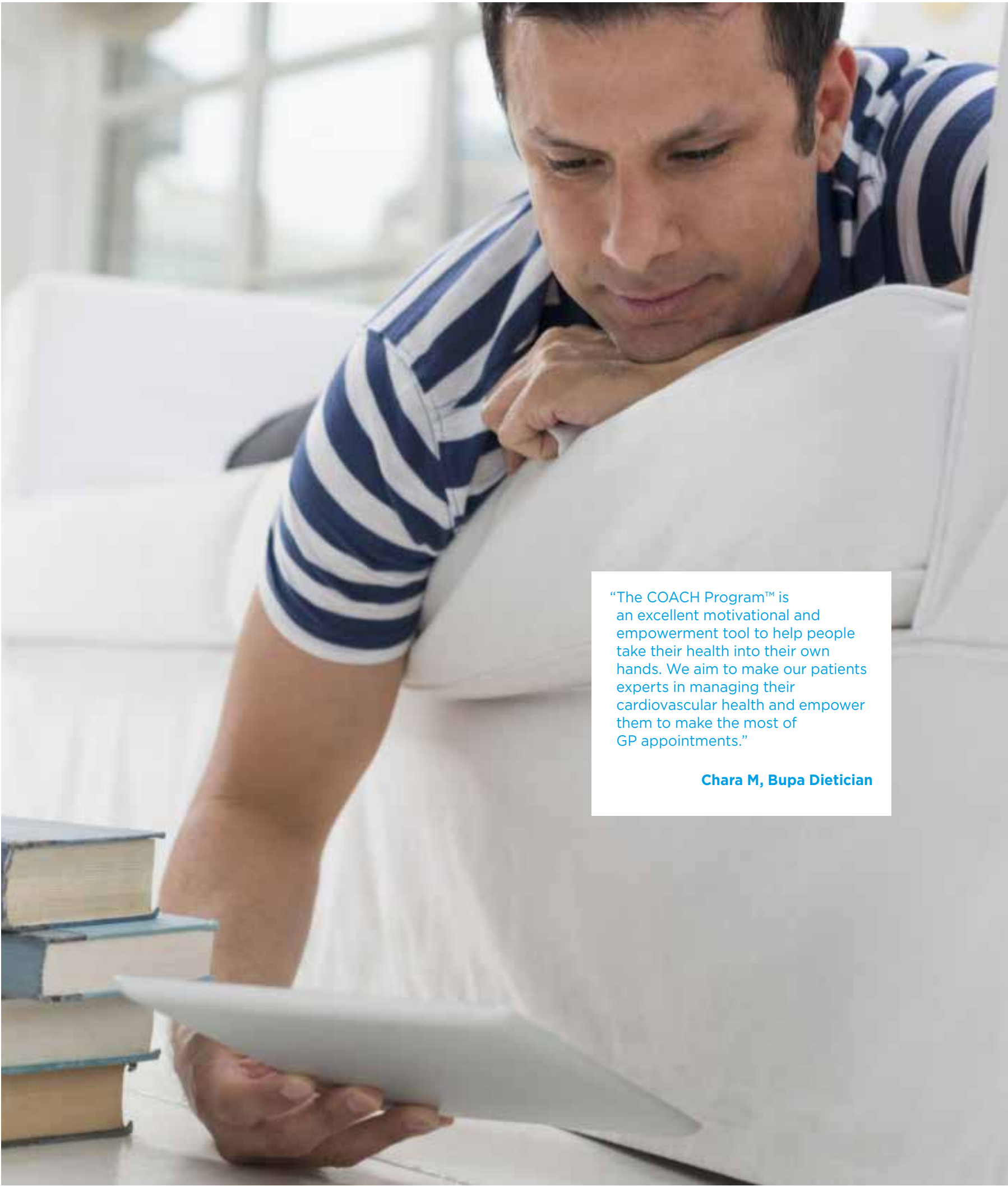
To find out more about The Coach Program™ please contact your account manager or intermediary partner.

Call 000 000 0000*

*We may record or monitor our calls.

“The COACH Program™ is an excellent motivational and empowerment tool to help people take their health into their own hands. We aim to make our patients experts in managing their cardiovascular health and empower them to make the most of GP appointments.”

Chara M, Bupa Dietician



Emotional and financial support

We can help your employees to concentrate on their recovery by easing their emotional and financial worries.

Bupa HealthLine

Bupa HealthLine offers confidential counselling and advice, with the option of referral for specialist psychiatric treatments. People can call in complete confidence, any time of day or night, to talk about their concerns with a therapist.

- 24/7 health advice and support
- Staffed by trained nurses
- Available to you and your family
- Free and confidential

Help with depression

The link between depression and cardiovascular disease is well known, and good mental health is essential to the successful self-management of cardiac conditions.

So, if a member feels they may be suffering with depression or other mental health issues, our support team can direct them to specialist advisers trained in the field. This could lead to a faster recovery and allow people to return to work sooner.

Financial support

Cash benefits give your employees the option of claiming money back towards their treatment – if they decide to use the NHS instead of a private hospital**.

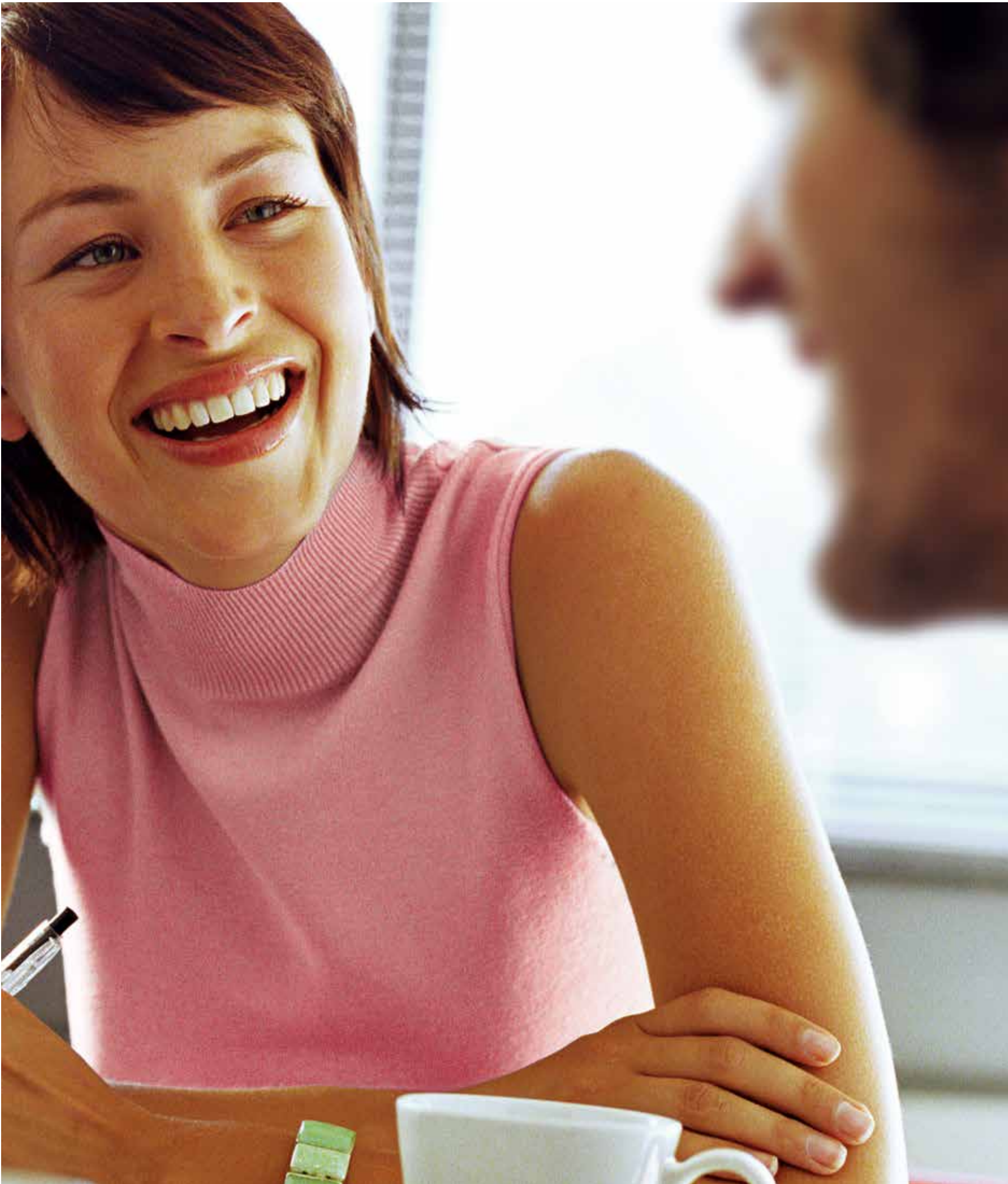
Our support team can discuss your employees' options with them, to help compensate for the inconvenience and financial burden associated with treatment.

Cash benefits cover:

- surgery and specific procedures
- costs for time off work and childcare
- additional domestic support

You can speak to your Bupa account manager or intermediary partner about any of our cardiac support services.

For more information contact your Bupa account manager or intermediary



*We may record or monitor our calls.

**Where the treatment is not being funded by Bupa.

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