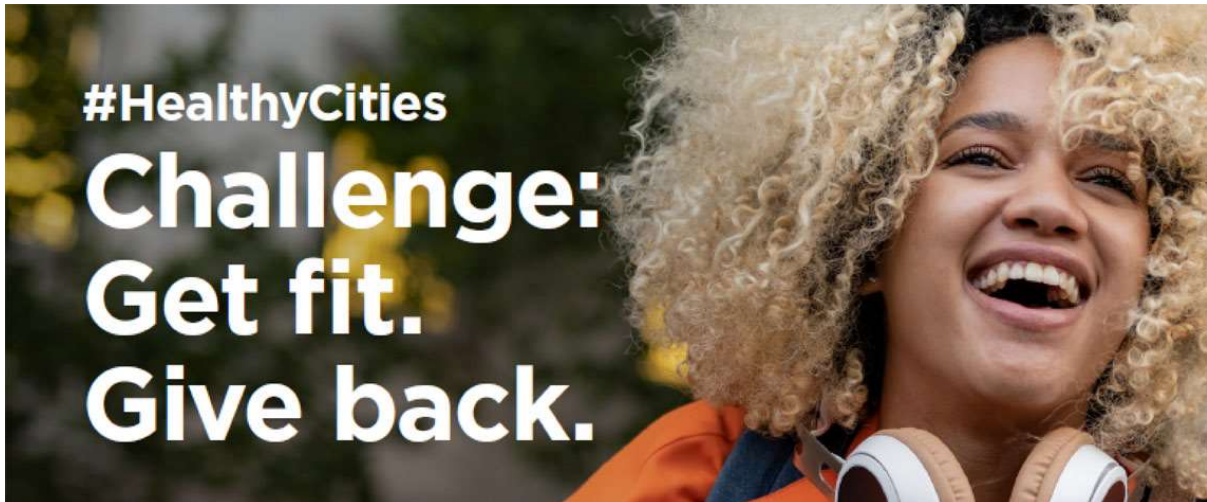




Let your clients know about our #HealthyCities challenge



This year our #HealthyCities challenge is going global. It's part of our ambition to support one million people to improve their health each year by 2025, through restoring and regenerating nature.

What's the challenge?

It's all about getting moving. In the UK, we're challenging people to walk at least 6,000 steps (or equivalent wheelchair pushes) every day in June, all tracked by the 'Healthy Cities' app.

As our steps go up, so will our charity donations! We have £750,000 available to help make a better world – supporting regeneration of green space in the UK and overseas.

We'll also be opening a Green Grant programme in June, where local charities and schools can apply for funding. So, if you know an organisation that could benefit, please nominate them.

Get your clients to join us – they can download the Healthy Cities app today.

Scan the QR code or search 'Healthy Cities' on the app store. For every profile created, we'll unlock £50 for charity*.



- Scan the QR code or search 'Healthy Cities' on the app store.
- Create a profile and link it to your smartphone or wearable
- Join team: "UK - external guests"

*Up to the value of £250,000

If competition's their thing, they can see where they are on our leader board, putting themselves against thousands of Bupa colleagues.

Let's get fit and do our bit. Every step counts.

#HealthyPlanetHealthyPeople

Want to know more? [Read more about #HealthyCities here.](#)