

# The very best of Bupa? It's all in one app

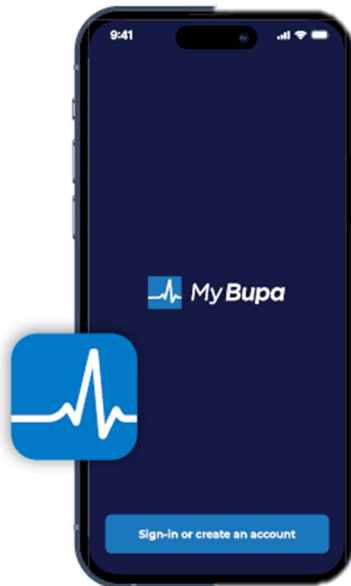
We're always looking for ways to give our customers leading healthcare without the hassle.

That's why they can find everything great about Bupa in just one app.

It's called My Bupa.

As well as letting our customers manage their account on the fly, they'll also find our digital healthcare, Blua.

That means it's easier than ever for them to take control of their health and wellbeing.



Access digital healthcare with **blua**.

## My Bupa gives customers full access to Blua, digital health by Bupa.

It's a complete suite of support and resources – all delivered by our team of experts.

### Book virtual appointments

No more 8am rush. With Blua, customers can speak to doctors, nurses and other health experts over the phone or video without impacting their cover.

### Arrange remote healthcare

Blua makes it quick and easy to start onward treatment from the comfort of home.

### Discover on-demand fitness and wellbeing

From exercise plans and guided meditation to over 1,500 fitness classes, it's the easy way for our customers to work on their wellbeing.



## Health is different for all of us.

That's why with My Bupa, our customers can search for care and support that works for them.

Whether it's looking for a consultant or advice on next steps, they can get the answers they need, fast.



## Their information. Their health. Their control.

It's never comfortable not knowing the ins and outs of something as important as health insurance.

So My Bupa gives our customers total visibility over it all.

Whether it's submitting claims or managing personal information and policy documents, their account is in their hands.



**For more information, contact:**  
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