

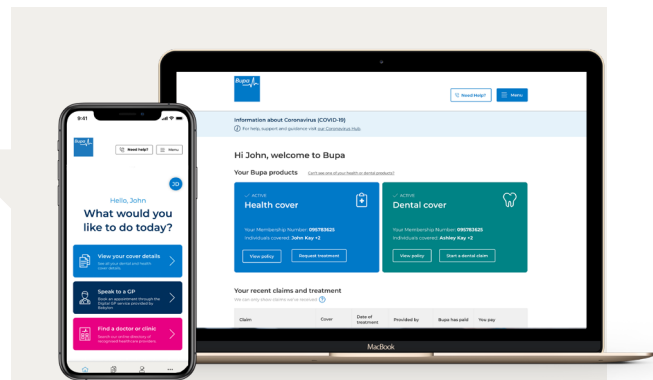


Get easy access to your cover and benefits online

Introducing Bupa Touch

Helping you keep track of your cover in a few clicks

Bupa Touch 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.



It's easy to get going

- Go online at bupa.co.uk/touchdashboard
- 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



See all cover details and documents

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



Check claims history

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



Request treatment at any time

Use Bupa Touch 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.

Download Bupa Touch from the App Store or Google Play



Additional features



Online account management



Search 100's of health information articles



Access Family Mental HealthLine



Reach our team quickly through Live Chat



Access mental wellbeing programmes with SilverCloud



Find a Bupa recognised doctor or clinic

*Direct Access telephone services are available as long as the symptoms are covered under your policy or health trust. If your cover excludes conditions you had before your policy or health trust started, we'll ask you to provide evidence from a GP that your symptoms are not pre-existing for a period of up to two years after your policy start date or up to five years in the case of mental health. For rolling moratorium underwritten policies or health trusts we will ask for evidence each time you claim for a condition not claimed for before. Always call us first to check your eligibility.

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

Bupa Touch is provided by Bupa Insurance Services Limited. Registered in England and Wales No. 382985. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa Occupational Health Limited provides Online Mental Wellbeing Programmes by working together with SilverCloud Health Limited. Registered address: 1 Stephen Street Upper, Saint Peter's, Dublin 8, Ireland D08 DR9P. Bupa Occupational Health Limited will be the controller of your information for these purposes.

Bupa private GP services and Anytime HealthLine are provided by Bupa Occupational Health Limited. Registered in England and Wales No. 631336. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa health trusts are administered by Bupa Insurance Services Limited. Registered in England and Wales No. 3829851. Registered office: 1 Angel Court, London EC2R 7HJ

Bupa health insurance is provided by Bupa Insurance Limited. Registered in England and Wales No. 3956433. Bupa Insurance Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Arranged and administered by Bupa Insurance Services Limited, which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales No. 3829851. Registered office: 1 Angel Court, London EC2R 7HJ