

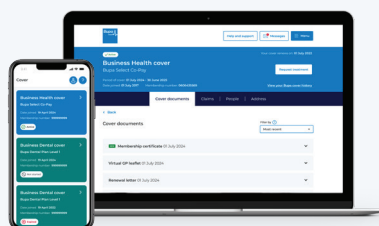
# Get easy access to your cover, GPs and more with My Bupa



## Keep track of your healthcare in just a few clicks

My Bupa is the home of your health cover. Manage your cover, stay on top of your claims and get easy access to all your wellbeing benefits. In-app or online.

Download My Bupa from the  
App Store or Google Play



## It's easy to get going

Search 'My Bupa' in your app store. Download the app and follow the steps to create an account.

Or go online at  
[bupa.co.uk/mybupa/dashboard](https://bupa.co.uk/mybupa/dashboard)



### Book digital GP and physio appointments

Get unlimited access to GPs and physios, seven days a week. Plus a private prescription ordering service.



### Request treatment at any time

Use My Bupa to ask for help or to see a consultant. There's no need to phone and you don't always need a GP referral.\*



### Chat to a nurse 24 hours a day

Whatever is keeping you awake, you can speak to our nurses anytime, 365 days a year.



### See all cover details and documents

See exactly what you're covered for at a glance, make changes quickly and see your claims history.

## More things My Bupa can do

- ✓ Manage your cover online, anytime
- ✓ Search 100's of health information articles
- ✓ Find a Bupa recognised doctor or clinic
- ✓ Reach our team quickly through Live Chat
- ✓ 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.

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