

your wellbeing

Healthy technology



This month:

Technology for health

Want to know how your health and wellbeing could benefit from a tech boost? In this issue we're talking technology and health.

For more information and to find out what else you can expect during 2018, visit bupa.co.uk/your-wellbeing



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Technology – love it or hate it, the reality is it’s all around us. Whether it’s online shopping or video calling a loved one overseas, take away the tech and you’ll soon see how much we depend on it. But what about health – is there a role for technology in improving health and wellbeing?

Health tech

There are lots of ways that technology is being used to improve our health and wellbeing. There are now medical devices, including apps to help diagnose or manage health conditions and digital resources available to help you achieve or maintain a healthy lifestyle. Engaging in a healthy lifestyle is important and is often ‘prescribed’ by doctors to help people prevent some medical problems and ease the symptoms of others. With a growing number of tech-based resources available, it seems easier than ever to own your health and wellbeing for the better.

Read on to find out how your health could benefit from a technology boost.

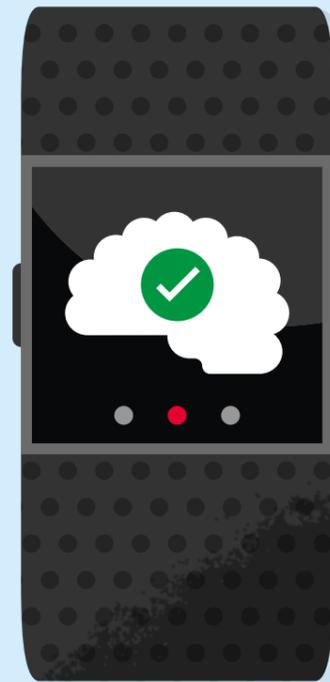




Your diet

We know that what we eat and drink can affect our health. But are you eating and drinking the right things, and how much is too much? The technology exists to help us identify health risks and make better, more informed choices about what we eat and drink. Some of the following may be useful.

- **BMI Calculators** – these can help you to identify if you're an ideal weight for your height. Check out the Bupa BMI calculator at bupa.co.uk/bmi-calculator
- **Healthy recipe apps** – these apps can help bring the foundations of eating well to life, with lots of healthy recipes and dishes to try.
- **Calorie counters** – maintaining a healthy weight is all about balancing the energy that we consume with the amount that we use day to day. Keeping tabs on how many calories you consume can help you to achieve or maintain a healthy weight.
- **Alcohol calculators** – these can help make sure you stay within the sensible drinking limits. Try our alcohol calculator at bupa.co.uk/alcohol-calculator



Mental wellbeing

It's just as important to look after your mind as it is your body. It's thought that around one in six people in England are affected by a mental health problem, but talking about how we feel or getting help isn't always easy. Digital (or e-) mental health services are backed to be key players in improving mental health and wellbeing. They're accessible and can provide users with the tools to help themselves and get support if needed. Some tools being used in this space include the following.

- **Community-based social platforms** – where you can talk to peers about your experiences and share tips and advice in a safe community.
- **Self-help apps** – these may include things like breathing exercises, relaxation and mindfulness practices. There are also apps that can help track how well you're sleeping, which is important for mental health.
- **Online diaries** – these allow you to record how you're feeling. You don't just need to express yourself with words, you can use music too. Select from a range of pre-set tracks and adapt them with musical effects to reflect your mood.

It's important to see your GP if you think you have a mental health problem. They'll be best placed to help you get support and treatment, if needed.

Fitness

Monitoring sport and training is amongst the top two most popular reasons for using 'wearable tech' such as smart watches, bands and clip-on devices. With this technology, it's now possible to build a picture of your overall fitness, engage in fitness plans and track your progress over time. Some devices can even record your performance across multiple sports, including swimming.

Here are some tech-savvy ideas to keep you on your toes – quite literally!

- **Workout plans** – a bit like a personal trainer in your pocket, some apps provide pre-planned workout routines and added motivation, if needed. Or see our running programmes at bupa.co.uk/running
- **Multi-sport fitness trackers** – these can help you to build up a profile of your physical activity levels. Some even allow you to join a fitness community and engage in fitness challenges.
- **Step calculators** – getting physically active isn't just about running or going to the gym. Walking can help you to reach your activity goals too. Importantly, sometimes it's not just about reaching your goals, but recognising when you're not hitting them too.



Long-term health conditions

If you have a long-term health problem like chronic obstructive pulmonary disease (COPD), asthma or diabetes, there may be apps or tools available to help you monitor your condition. You can access them around the clock and some can even feedback important information to your healthcare professionals.



Bupa Boost

If you're looking to proactively take control of your health and wellbeing, try the Bupa Boost app. Focusing on four key areas including nutrition, fitness mindfulness and relaxation, it's designed to help you set and achieve your health goals. Challenge your colleagues, friends and family and compete for your place at the top of the leaderboard, or tap into our library of health information. For more information and to access the app, visit your app store. If you don't have access to a PIN already, use BupaBoost01 when prompted to register.

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