

## Health Coaching Services

We're a team of qualified nurses, health management professionals and doctors, offering a variety of expert healthcare support to minimise your worries.

Have you ever experienced any of the following?

I've noticed a change in my physical condition but aren't sure if I need to see a doctor

I have concerns about my health but don't know who to talk to

I've seen a doctor but still feel unsure

I need help to process what my doctor told me

I feel sad about having a health condition but worry that telling someone close to me may upset them...



If yes, please contact us and we'll lend an ear. The use of Health Coaching Services is **free of charge**.



24/7 Healthline: **2517 5658** [mc@bupa.com.hk](mailto:mc@bupa.com.hk)

# Tell us your story, and we'll find ways to support you\*:

   Provide relevant health information and explain it to you in simple terms at your pace to ease your worries

  Share information about healthcare service centres where you can seek medical attention

  Arrange a second medical opinion so you're well informed to make decisions about your health

  Offer emotional support like a friend



\* The availability of the service(s) is subject to the room level (if applicable) of your scheme. Please refer to your Schedule of Benefits for details. If the services suggested aren't covered under your contract, you'll be responsible for the fees incurred. For details of the Health Coaching Services, please refer to the Health Coaching Services - Terms and conditions at <https://www.bupa.com.hk/health-coaching-services>.