



All that's  
**good** about  
Bupa with a **20%**  
**discount**  
for Staff and Members  
of Bikram Yoga  
Studio\*

## Discover the benefits of how you can feel better with Bupa

Whatever your circumstances, it pays to stay fit and healthy.

With Bupa Heartbeat, you'll feel better, knowing that you will receive prompt access to high quality diagnosis and medical treatment, wherever you are in the UK.

- If cancer is diagnosed, Bupa's ethos is simple. We offer cover and support at every stage of treatment.
- Claiming made easy - a simple, straightforward claims process with telephone authorisations. If it's complex, we'll assign a dedicated adviser.
- See the same consultant throughout your course of treatment, selecting from a choice of up to 35,000 Bupa recognised consultants based throughout the UK.
- Benefit from breakthrough drugs and treatments before they're widely available anywhere else.

For more information call

**0117 912 2905<sup>†</sup>** today quoting FC/13583

Email: [bmjmailbox@bupa.com](mailto:bmjmailbox@bupa.com)

*BupaFitness  
Connections*

†Calls may be recorded and may be monitored. Precise terms of insurance and cost will depend on individual circumstances and the level of insurance chosen. \*Discount rate is compared to the rates available to the majority of occupations and may not be combined with any other discounts for which you may be eligible. Bupa reserves the right to alter or withdraw the rate without notice at any time on or after your first renewal date. Membership is subject to acceptance by Bupa. Bupa Heartbeat is provided by Bupa Insurance Limited. Registered in England and Wales No.3956433#. Bupa Insurance Services Limited. Registered in England and Wales No.3829851#. #Authorised and regulated by the Financial Services Authority. Registered Office Bupa House 15-19 Bloomsbury Way London WC1A 2BA.

