

Your Invitation to our London Event



Thursday 28th November, 2024 - 08:30am - 11:45am

Location: Fidelity International, 4 Cannon Street, London, EC4M 5AB

The Power of Prevention: Building a Healthier, Wealthier Future

Imagine discovering how proactive health and wellbeing strategies can significantly reduce long-term costs and enhance employee productivity. Imagine too, understanding the positive impact that financial wellbeing, through positive engagement, can have on your employee's future and therefore the future of your business.

Join us as we learn from **leading industry experts** as they share their experiences and insights about the latest developments in workplace health and employee benefits. Explore the vital role of financial wellbeing in wider employee wellbeing and retention, ensuring a healthier, wealthier workforce and more resilient organisation.

Our event will include:

- Latest Innovative industry thinking.
- Pragmatic guidance and actionable insights.
- Future perspectives, from industry thought leaders.
- An opportunity to have your questions answered.



Dr Suba M
Medical Director
Aviva Health

Suba, a surgical doctor by training, is a Medical Director at Aviva Health, implementing value-based healthcare and delivering data-driven solutions, with a focus on oncology and ESG. She is an avid champion of culturally-competent workplace wellbeing strategy and solutions.

Her extensive expertise and experience spans from retail health, academic surgery to digital health and technology. She is passionate about designing and delivering inclusive and accessible health in an equitable and sustainable manner that improves planetary and population health.

Suba is a Non-Executive Director and Wellbeing Guardian at Southern Health NHS Foundation trust. She is also an advisor on Plug and Play UK Health Advisory Panel.



Dr Neil Sikka
Chief Dental Officer
Bupa

Dr. Neil Sikka, with 30 years in private practice, founded Barbican Dental Care (BDC), setting up 10 practices in London and introducing a Corporate Dental Plan, earning him the Asian Entrepreneur of the Year award. Bupa acquired BDC in 2014, in 2024, he became the Director of Dentistry for 360 Bupa clinics in the UK. He leads the Clinical Advisory Team and chairs the Bupa Dental Foundation Committee.

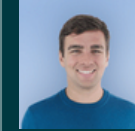
Neil is a sponsor of a number of community projects including a dental unit on The Lifeline Express, India's first hospital train, Gwalior children's Hospital Charity and Dentaaid/Kampong Cham Cambodia. He founded InSkills, a programme to create dental nurse apprenticeships for the young people of Tower Hamlets. He is currently developing an oral health programme for children within NGO schools around Delhi. He is also the Chair of the Bupa Dental Foundation Committee and leads the Bupa relationship with Dentaaid, providing treatment to the homeless and vulnerable around the UK.



Rachel Coles
Workplace Engagement
Consultant
Broadstone

Rachel is a Workplace Engagement Consultant at Broadstone with a background in supporting employers of all shapes and sizes to raise financial literacy and resilience for their employees. She is able to support clients with their communication strategy and offers presentations face to face or virtually, one to one clinics and digital education services. Content ranges from the more traditional topics of pensions and benefits to exploring wider financial wellbeing.

With experience in financial services at Mercer and in more traditional education settings her job now is to listen, ask the right questions and provide insightful information and guidance that will help inform decision making and empower people to take action when it comes to their finances. Rachel is a member of the Chartered Institute of Insurance.



Dr Shane Lowe
Cofounder and CEO
Vitru Health

Dr. Shane Lowe is a musculoskeletal health in the workplace expert with a PhD in advanced technologies for predicting and diagnosing musculoskeletal injuries like neck and back pain. With a background in academic research, where he published multiple international papers, Shane transitioned into industry over a decade ago. He has since worked at the cutting edge of designing advanced camera and AI technology for injury prevention, used by the world's top athletes. As a co-founder of Vitru, he has leveraged AI to help employers of tens of thousands of office workers reduce pain by up to 34% through personalised, tech-driven programs. His unique expertise in merging AI with sports science has positioned him as an expert voice on why musculoskeletal issues like neck and back pain are a top cause of absenteeism and healthcare costs across industries and what employers can do to reduce them.

Click [here](#) to register for this interactive session...