

**For cash plans.  
For Living**



# Claim money back towards these everyday health expenses\*



Optical



Prescriptions



Dental



Therapies



Consultations

## Three easy steps to claiming†

### Step 1

Have your treatment, pay for it yourself and keep your receipt.

### Step 2

Complete your claim form online at [bupa.co.uk/cashplanclaim](https://bupa.co.uk/cashplanclaim)  
Or, download your claim form and post it with a copy of your receipts where applicable.

### Step 3

Bupa will pay the money directly into your nominated bank account.

†You will be required to provide any information or proof to support your claim if Bupa make a reasonable request for you to do so. For full details on how to make a claim please refer to your membership guide.

**Remember  
you can  
claim online**

To find out more

**0345 606 6003**

Lines are open Monday to Friday 8am to 6pm and Saturday 8am to 1pm.  
Bupa may record or monitor their calls.

\*For a full list of benefits, benefit limits and terms and conditions associated with your cover please refer to your table of cover and membership guide.

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