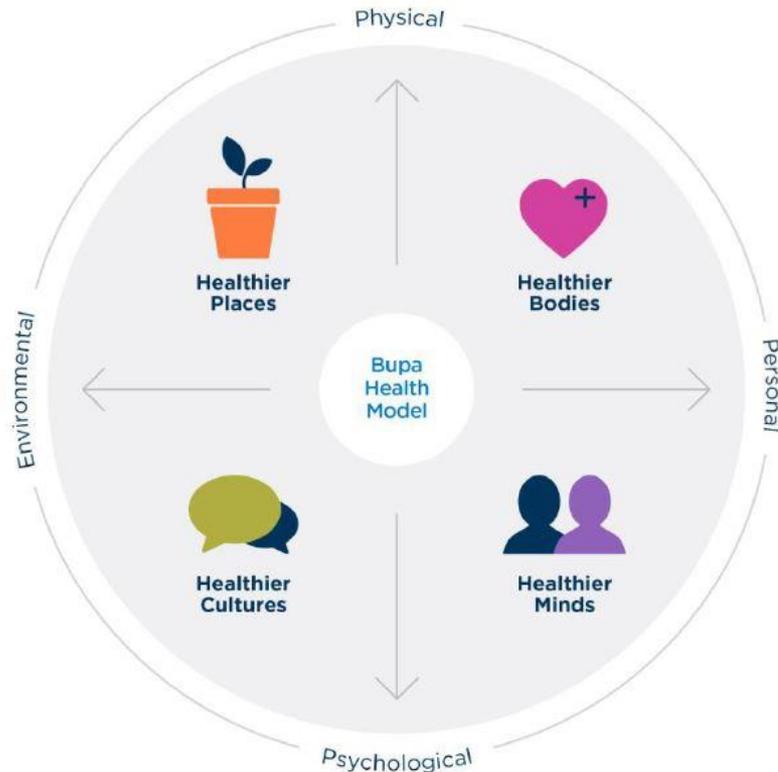


Mental Health among International Students

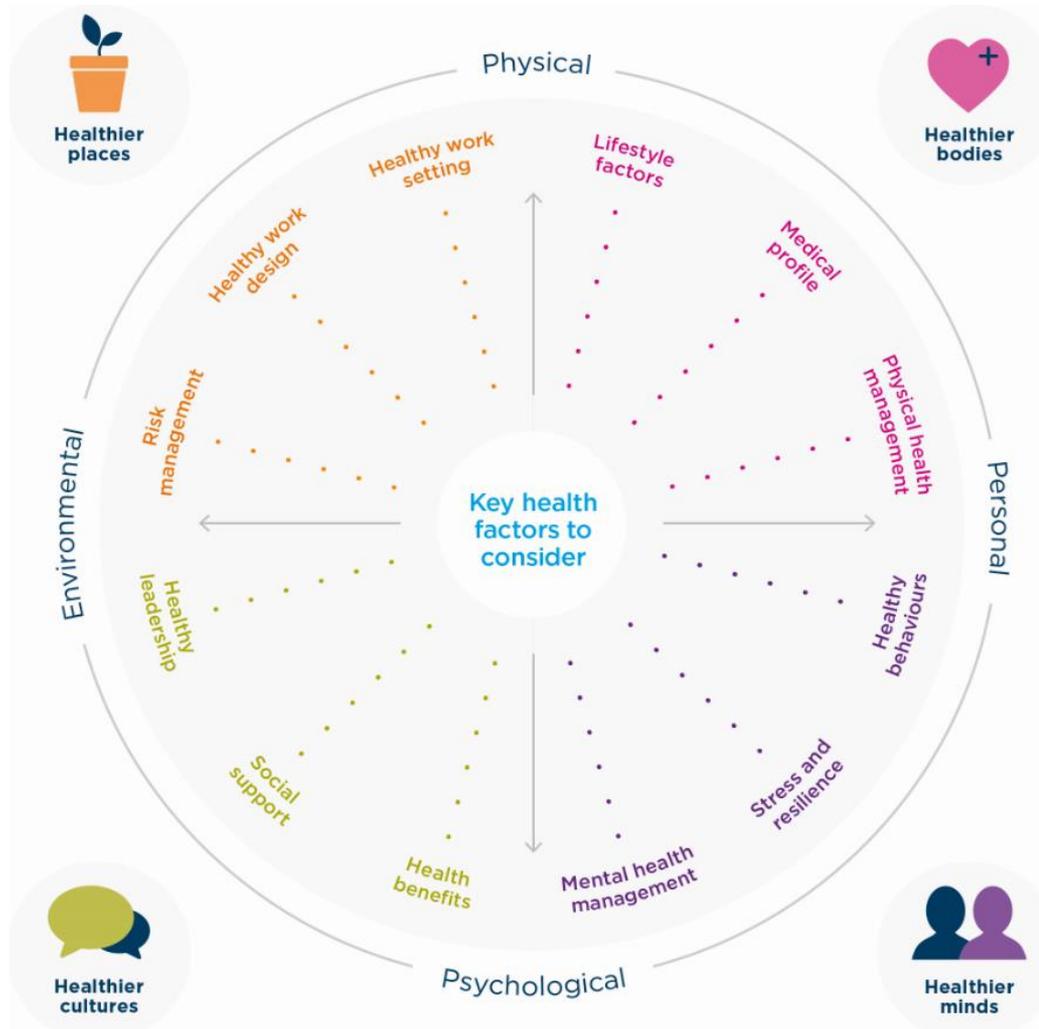


Health = a Growing Area of International Student Success



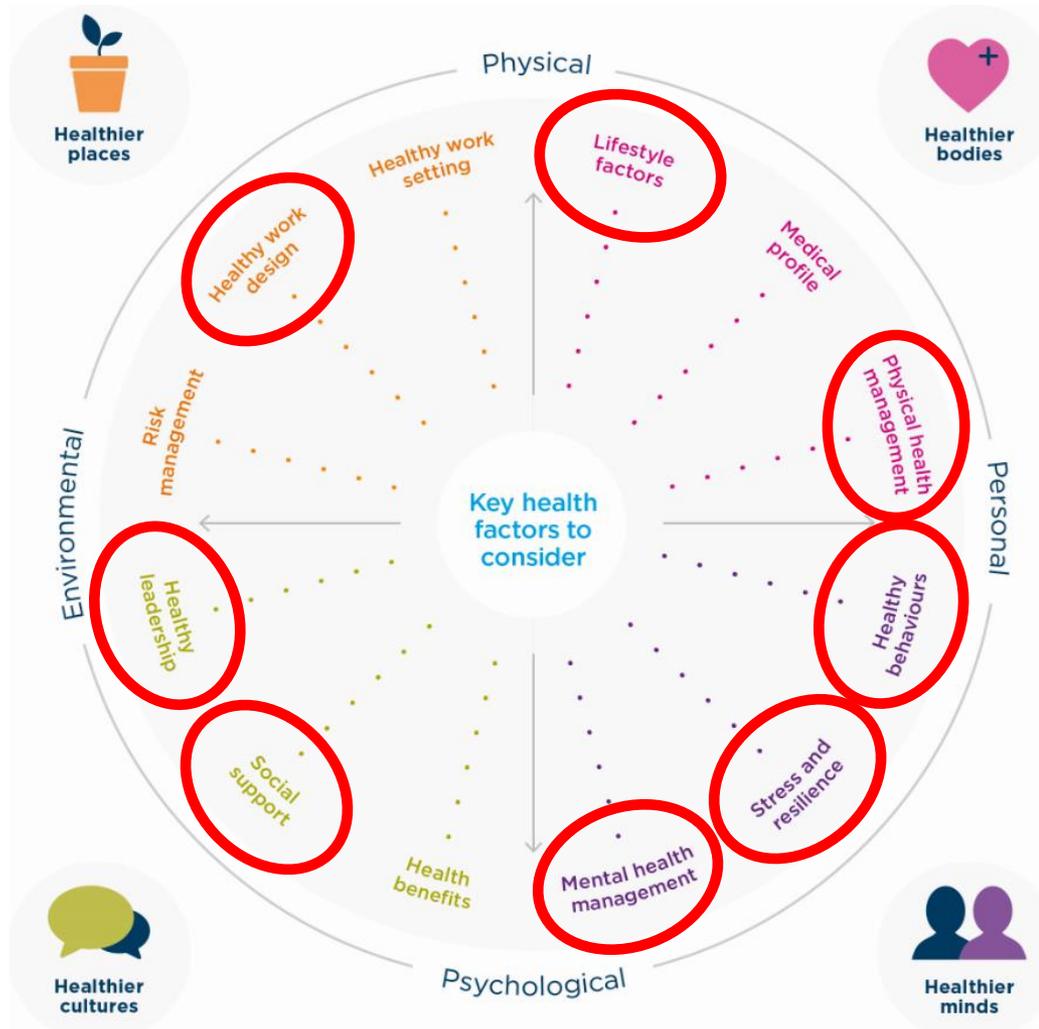
1. Almost twice the growth in prevalence of mental health conditions compared with overall health conditions over the past few years.
2. Still relatively low area of treatment but growing area in term of symptoms & diagnostics
3. Increasing important part of holistic institution health programs (ie in conjunction with healthy body, culture, places).
4. Growing evidence in link between holistic health & higher rates of retention, satisfaction & academic performance of Int'l students.

(Mental) Health Management of Int'l Students needs to be multi-faceted, personalised and relevant



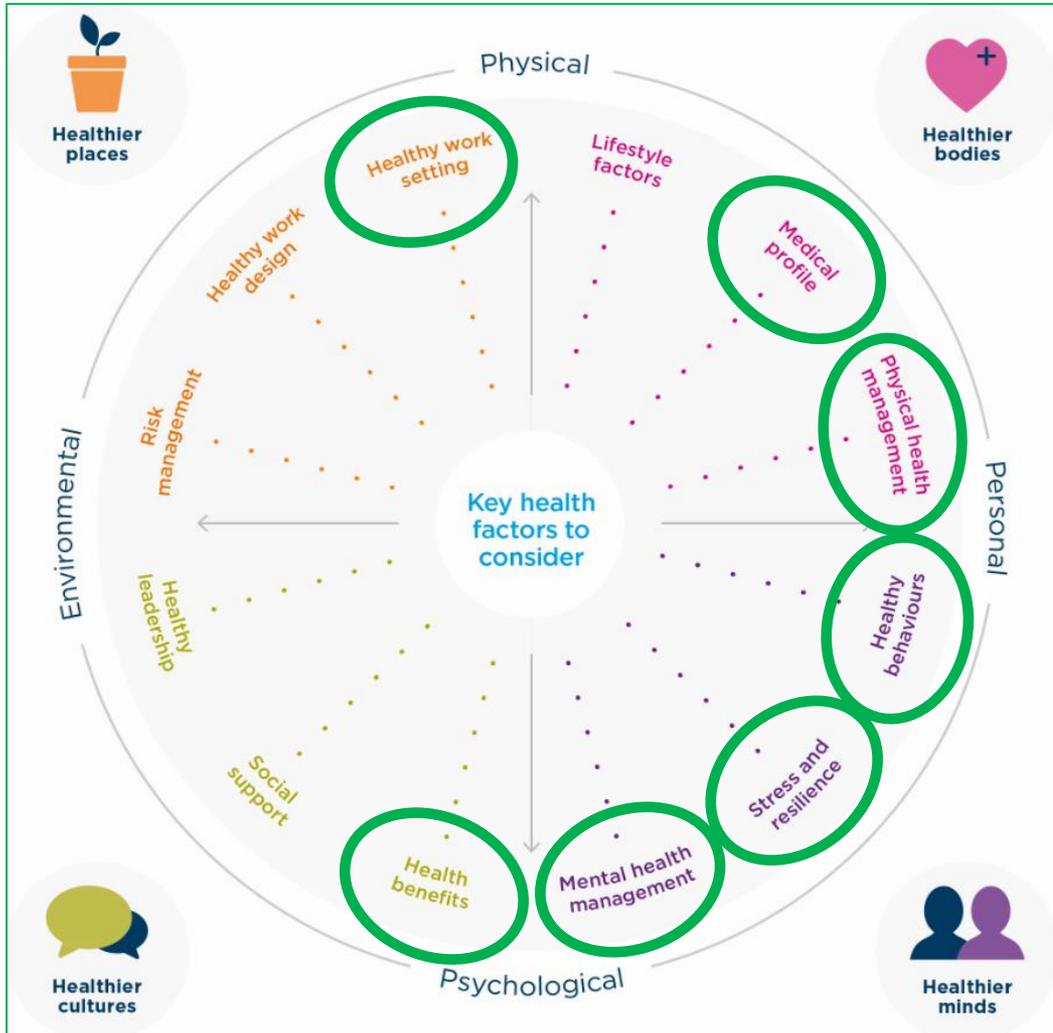
- Bupa has found it is CRITICAL to identify extent of mental health symptoms & most prevalent factors.
- By aggregating personalised data, solutions & implementation strategies can target geographic, demographic, & cultural differences.
- This increases success in awareness, participation & sustainability of initiatives.

Focus on Mental Health needs a holistic rather than generic approach



- Different cultures & student profiles require different solutions to identify & target best solutions.
- Providing information, education & case studies encourages individuals to become aware of symptoms & participate in personalised health checks.
- De-identified and aggregated data can then be used to develop/procure/modify programs as part of a holistic health strategy.

Different institutions will have different needs



- What is optimal for one institution will differ from another.
- While stress, fatigue, anxiety & depression may be a common indicators, the casual and preventative strategies may differ.
- Bupa works with Education Partners to :
 - a) Assess
 - b) Design
 - c) Implement
 - d) Evaluate

Example of Health Check that links physical & mental health

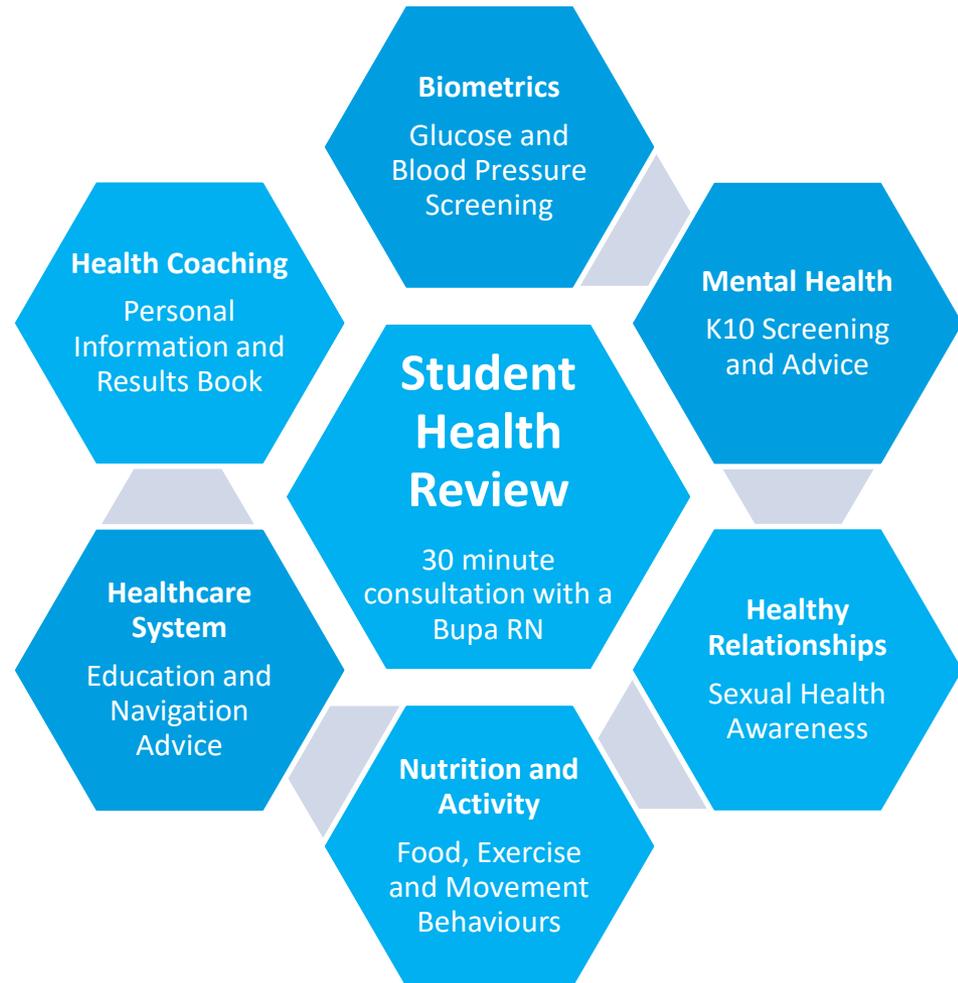


Personalised consultation with a Registered Nurse

- 30 minute individual consultation
- Immediate results and coaching
- Referrals into near and on campus services

Institution Reporting

- De-identified and aggregated reporting
- Insights on student health profile



Combine solutions that EDUCATE + MITIGATE + SUPPORT



- Physical health management
- Online/physical posters & factsheets
- Video libraries
- Online/App based mental health programs
- Crisis Hotlines
- Group Seminars (eg Healthy Minds, Making Friends, Healthy Relationships)
- Telephonic/F2F counselling
- Health leader programs
- Social integration programs (group challenges)
- Mindfulness / sleep management



Mental Health Needs To Be Managed As An Integrated Program

Health Risks

Education /
Information &
Resources to Identify
Health Risks



Health Management

Products, Services,
Research, Solutions
to Manage Health



Health Protection

Support & protection
of quality hospital &
general medical
treatment.