

Corporate Health and Wellbeing Services

A comprehensive range of employee health promotion services, delivering a broad range of health themes, tailored to meet your specific needs

Health events

- Health awareness days
 - Lifestyle consultation days
 - Workstation assessment days
 - Organisational challenges
-

Health screening

- Face-to-face screening
 - Know your numbers campaign
-

Workshops and seminars

- Workshop days
 - Seminar days
 - Dial Up seminars
-

Programme co-ordinator services

- Health promotion programme co-ordinator
 - Dedicated health coach service
-



Simply select the service and health theme that best meets your requirements

Health Events

Health awareness days cover a wide range of health themes using high impact exhibition stands, handouts, a health coach drop-in-clinic, demonstration sessions and simple lifestyle checks.

Lifestyle consultation days provide for a more personal and individualised service, with a health coach on site delivering one-to-one personal consultations for each individual's chosen health and lifestyle interest.

Workstation assessment days include a health coach on site delivering one-to-one workstation set up assessments, massage at the desk and 'deskercise' advice, supported with high quality handouts.

Organisational challenges are designed as motivational 8-week team based physical activity challenges. Promote and develop interest in exercise within a team-building event – choose from the 'Skyscraper Challenge', the 'Monster Step Challenge', 'Around the World', or 'Chase the Turkey'.



Health Awareness Days

Our team of qualified health coaches deliver our health awareness days. These days provide high-impact health awareness and promotional campaigns and are suitable for one-off events, or to compliment your existing well-being programme.

These interactive events gain maximum employee participation.

Awareness days include:

- Health coach on site
- Exhibition stand
- Handouts
- Personal trainer drop-in-clinic
- Demonstration sessions
- Health checks

A marketing support package is provided for you to maximise impact and an Awareness Day Client Report helps you to evaluate the success of your investment.

Delivery of the day

Facilities required:

Suitable accommodation for the exhibition stand and demonstration sessions.

Your responsibilities:

- Promotion of the service;
- Organisation of the required facilities; and
- Booking individuals into the demonstration sessions.

Our responsibilities:

- Provision of promotional materials prior to the event;
- Provision of one health coach;
- Provision of all materials and equipment; and
- Client report delivered within 10 working days.

Awareness day themes

Alcohol awareness
Back care and posture
Care in the sun
Comfort at the desk
Core stability
Energy management
Healthy heart
Healthy eating
Hydration
Know your numbers
Manual handling
Men's and women's health
Physical activity
Relaxation
Resiliency
Sleep
Smoking cessation
Weight management
Work life balance
Workstation set up

Our four most popular days are:

- Physical activity
- Weight management
- Healthy eating
- Back care and posture

Clients also purchase health awareness days to:

- Help launch or promote their own health promotion services and events
- Form part of a wider health fair
- Compliment organisational challenges

Lifestyle Consultation Days

Lifestyle consultation days provide for a more personalised and individualised service, with a health coach onsite delivering one-to-one personal consultations.

Each individual selects a lifestyle consultation that is most relevant to his or her needs, or an individual health check that is of most interest to them.

You customise the menu that you want to make available to your people, as well as the consultation time each individual gets.

This service allows you to focus attention on known key health needs and interests.

Your employees will respond very positively to this highly personalised 'personal coaching' service and be highly motivated to take action after their consultation.

Lifestyle consultation days include:

- Health coach on site;
- Consultations delivered within your customised menu; and
- Supporting materials and fact sheets hosted electronically on your intranet.

A marketing support package is provided for you to maximise take up and a Lifestyle Consultation Day Client Report helps you to evaluate the success of your investment.

Delivery of the day

Facilities required:

A private room or area to conduct the consultations.

Your responsibilities:

- Promotion of the service;
- Organisation of the required facilities;
- Booking individuals into the appointments
- Hosting the supporting materials on your intranet.

Our responsibilities:

- Provision of promotional materials prior to the event;
- Provision of one health coach;
- Provision of all materials and equipment; and
- Client report delivered within 10 working days.

Lifestyle themes

Back care and posture
Care in the sun
Comfort at the desk
Core stability
Healthy heart
Healthy eating
Hydration
Know your numbers
Physical activity
Relaxation
Sleep
Smoking cessation
Weight management

Health Checks

Blood pressure
Body fat percentage
Waist measurement
Height, weight and body mass index
Total cholesterol
Blood glucose
Aerobic fitness
Lung function
Lower back flexibility
Strength
Health behaviour questions

Clients also purchase lifestyle consultation days to:

- Provide a follow up service to health screening days
- Form part of a wider health awareness day
- Compliment the launch of other health promotion services

Workstation Assessment Days

Musculoskeletal disorders are one of the largest contributors to sickness absence in the UK. Help address this health and safety issue within an employee well-being initiative.

Designed to provide practical solutions and awareness of an individual's own responsibility, these days are also available with a manual handling theme.

Run by qualified health coaches and risk assessors, Workstation Awareness Days provide high-impact health awareness and promotional campaigns, designed to enhance individuals' comfort and safety at their workstation.

A health coach will typically 'roam' your office providing one-to-one consultations with employees. Alternatively, individuals can book appointments through the day. Individuals are offered:

- Head, neck and shoulder massages;
- Workstation set up and posture at the desk assessments and advice;
- 'Deskercise' advice – stretching exercises to perform at the desk to relieve muscular stiffness, fatigue and tension.

You will also be provided electronically with high quality leaflets, branded to your organisation, to support employees in taking action following the day. These include:

- Workstation set up – a simple checklist for individuals to complete on effective and safe workstation set up.
- Deskercise – step-by-step explanation of a simple stretching programme to promote and maintain comfort at the desk.

Work station assessment day delivery

Your responsibilities:

- Promotion of the service.

Our responsibilities:

- Provision of promotional materials, electronically, prior to the event for you to distribute;
- Provision of one health coach;
- Provision of the supporting leaflets; and
- Client report delivered within 10 working days.

Other workstation assessment services purchased by clients:

Workstation risk assessments

Each assessment takes on average 30 minutes, including the assessment of the individual workstation and any remedial training required for the user of that workstation. Reports and recommendations on action are sent to your representative in relation to each workstation.

Workstation assessment seminars

Each seminar lasts for 45 minutes including a Q&A session. Six seminars can be completed in one day. Designed to educate and support individuals as to their own personal responsibilities, the focus of the seminar is on work related upper limb disorders and appropriate workstation set up to prevent and manage issues.

A manual handling themed day is also available

Organisational Challenges

Organisational challenges are designed as motivational 8-week team based physical activity challenges. Promote and develop your people's interest in physical activity within a team-building event – choose from the 'Skyscraper Challenge', the 'Monster Step Challenge', 'Around the World', or 'Chase the Turkey'.

Over 8-weeks teams take part on an inter-business, inter-departmental or an inter-site basis. Each challenge is designed as a fun event with the aim of encouraging employees of all interests and abilities to get more active.

A Challenge Co-ordinator runs each Challenge recruiting Site or Departmental Champions who are responsible for recruiting Team Managers, who in turn recruit their Team Members.

We fully train your Challenge Co-ordinator in how to deliver the Challenge and the event is run 'in-house'.

The Co-ordinator is provided with a Challenge Campaign Pack providing all the materials required to run the event. We support and mentor the Co-ordinator throughout the Challenge, even assisting in Champion familiarisation sessions. At the end of the Challenge we assist the Co-ordinator in collating the data and producing the end of Challenge report.

Delivery of the event

We provide:

- Co-ordinator training session
- Challenge Campaign Pack
- All promotional materials
- Email and telephone support to the Co-ordinator prior to and during the Challenge
- Debrief review meeting and support in developing the post event report.



Other services purchased by Clients using the Challenge

While the Challenge is designed as an 'in-house' managed service a number of clients support the implementation of the Challenge by purchasing:

- Health coach days to deliver Challenge launch days, providing exhibition stands, individual and team briefings on how to get started and advisory drop-in-clinics
- Physical activity and weight management dial up seminars
- Physical activity health awareness days
- Lifestyle consultation days

Health Screening

Face-to-face health screening offers a range of options to suit your health intervention targets and your budget. Select from:

- The '10-minute health check', including any two checks;
- The '20-minute know your numbers screen'; or
- The '45-minute full lifestyle screen'.

Know you numbers campaign is an ideal event to introduce health screening to all employees regardless of location.

This ready-made health screening campaign uses:

- Online lifestyle screening through a secure web-based service;
- Onsite blood pressure and cholesterol checks; and
- A promotional marketing programme.

This service can also be delivered without the onsite blood pressure and cholesterol checks as purely an online lifestyle assessment programme.

An aggregated group management report highlights health and well-being issues and recommended actions to deliver the greatest business impact.

A number of clients use this service as an audit tool to establish the business case for a well-being programme or to review existing provision



Face-to-Face Health Screening

Screening service formats

10-minute Health Checks

This option can deliver 42 appointments per day. Select any two of the health checks listed on this page (excluding the aerobic fitness test) to customise to your own organisation's needs and interests.

20-minute Know Your Numbers Screen

This option can deliver 21 appointments per day and each appointment includes:

- ✓ Blood pressure
- ✓ Body fat percentage
- ✓ BMI
- ✓ Waist measurement
- ✓ Cholesterol
- ✓ Blood glucose
- ✓ Health behaviour questions

45-minute Full Lifestyle Assessment

This option can deliver 10 appointments per day and each appointment includes:

- ✓ 20-minute check plus
- ✓ Lung function
- ✓ Aerobic fitness

All formats are run through pre-booked consultations; the 10-minute checks can also be delivered through an 'open' health fair format.

Screening day delivery

Facilities required:

- Private room or area to conduct the assessments, including table and two chairs.

Your responsibilities:

- Promotion of the service;
- Organisation of the required facilities; and
- Book in all consultations prior to the day.

Our responsibilities:

- Provision of promotional materials prior to the event;
- Provision of the health coach;
- Provision of all materials and equipment; and
- Client report of aggregated group data provided within 10 working days.

Health Checks

Blood pressure
Body fat percentage
Waist measurement
Height
Weight
Body mass index
Total cholesterol
Blood glucose
Aerobic fitness
Lung function
Lower back flexibility
Strength
Health behaviour questions

Clients purchase health screening days:

- As one off and annual events
- As an interactive component of a wider health fair
- As part of a wider know your numbers campaign



Know Your Numbers Campaign

The **'know your numbers' campaign** is a ready-made 4-12 week health awareness campaign for employees, delivered using:

- Online lifestyle assessments;
- Onsite blood pressure and cholesterol checks; and
- A health promotion-marketing programme.

The intervention timescale is based on the size of your workforce.

Why 'know your numbers'?

While many people think they are looking after themselves, lifestyle related diseases remain the major causes of death in the UK.

There are key health numbers that are essential to good health and vitality. In most cases eating a healthy diet, keeping an eye on your weight and waist, getting enough sleep and regularly participating in exercise can result in significant positive health changes, but not knowing all your numbers is a risk.

This campaign provides a simple and quick way of ensuring the maximum number of your employees are familiar with what their numbers are; what value they should be; and how they personally measure up to these health benchmarks.

Use the campaign management report to understand the health needs of your organisation; establish your business case for well-being; and target your resources for maximum business impact.

Campaign delivery

Blood pressure and cholesterol checks, offered on site by one of our health coaches.

Online interactive lifestyle questionnaires, accessed from a link on your intranet, or from home via the World Wide Web.

Personalised assessment reports, delivered instantly following completion of the online questionnaire.

Health behaviour change support, provided through the website goal setting programme and well-being information library.

Management report, establishing an aggregated group health profile of your people and highlighting key issues and recommendations that will have the greatest business impact.

Marketing support package, to launch and maintain uptake during the campaign.

Numbers to know

- Blood pressure
- Cholesterol
- Body mass index
- Waist size
- Drinking habits
- Sleep
- Smoking
- Physical activity

Who should use this campaign?

This campaign provides an ideal general lifestyle awareness initiative for delivering a one-off event, or an introductory health promotion programme for your employees.

Alternatively, many clients use it as an **audit tool** to identify the health needs and interests of their workforce prior to launching a health promotion programme.

Workshops and Seminars

Workshop days provide three 1.5-hour workshops per day. Based on behaviour change and individual action plans, these interactive workshops provide all attendees with a Personal Action Plan, Fact Sheet Pack and email support for 4-weeks from the workshop speaker.

Seminar days provide eight 30-minute seminars per day. These educational seminars enhance awareness of the health theme and provide all attendees with a Fact Sheet Pack and Signposting Information for specialist support agencies.

Dial Up seminars are simple to run, cost efficient and effective. They deliver to a large number of individuals with the minimum of disruption to the business and an individual's workday. 30-minute seminars are delivered using telephone conferencing technology with attendees viewing a power point presentation on their workstation PC or laptop at home or on the road, or alternatively, a hard copy print out.



Workshops

Run by experienced workshop speakers, these workshops provide high-impact, face-to-face group interventions.

Workshops

Each workshop runs for 1.5 hours and up to three workshops can be delivered in any one day. They provide for those employees needing to affect change, as well as a preventative and educational intervention for those employees with an interest in the topic.

Based on behaviour change the workshops are structured around establishing personal action plans to guide individuals towards enhancing their health and vitality. Each individual receives:

- Personal Action Plan Pack to guide and support them through their programme following the workshop;
- A pack of informative fact sheets; and
- Email support from the workshop speaker for 4-weeks following the workshop.

Workshop delivery

Your responsibilities:

- Promotion of the service;
- Provision of accommodation and power point presentation facilities; and
- Booking individuals into the sessions.

Our responsibilities:

- Provision of the speaker;
- Provision of the power point presentation and all materials;
- Provision of the promotional materials; and
- Client report delivered within 10 working days

Workshop Themes

Alcohol awareness
Back care and posture
Care in the sun
Comfort at the desk
Core stability
Cancer awareness/prevention
Disability awareness
Energy management
Healthy heart
Healthy eating
Hydration
Know your numbers
Manual handling
Men's and women's health
Physical activity
Pressure and stress management
Relaxation
Resiliency
Safety in the sun
Sleep
Smoking cessation
Weight management
Work life balance
Workstation set up

Clients purchase workshops as:

- A one-off event or linked to a National Health Campaign Day
- Part of a wider staff training day or health fair
- As part of a multi-media approach to a health theme, also using awareness days, screening days and online resources

Seminars

Run by experienced seminar speakers, these seminars provide high-impact, face-to-face group educational and awareness sessions.

Seminars

Each seminar lasts for 30-minutes and up to eight seminars can be delivered in any one day.

They provide a preventative and educational intervention, together with sign posting to specialist support agencies for those employees needing to affect change. Each individual receives:

- A pack of informative fact sheets; and
- Sign posting information for specialist support agencies.

Seminar delivery

Your responsibilities:

- Promotion of the service;
- Provision of accommodation and power point presentation facilities; and
- Booking individuals into the sessions.

Our responsibilities:

- Provision of the speaker;
- Provision of the power point presentation and all materials;
- Provision of the promotional materials; and
- Client report delivered within 10 working days

Seminar Themes

Alcohol awareness
Back care and posture
Care in the sun
Comfort at the desk
Core stability
Cancer awareness/prevention (general)
Disability awareness
Energy management
Healthy heart
Healthy eating
Hydration
Know your numbers
Manual handling
Men's and women's health
Physical activity
Pressure and stress management
Relaxation
Resiliency
Safety in the sun
Sleep
Smoking cessation
Weight management
Work life balance
Workstation set up

Clients purchase seminars to:

- Deliver a range of health theme talks in one day
- To minimise employees time away from work
- As part of a wider staff training day or health fair
- To support the launch of other services and programmes – know your numbers campaign and the introduction of online resources

Dial Up Seminars

Dial Up Seminars are simple to run, cost efficient and effective. They deliver to a large number of individuals in one session, with the minimum of disruption to the business and to an individual's workday.

Dial Up seminars

Using telephone conferencing technology the dial up seminars are delivered directly to your people while they view a power point presentation at their workstation PC, on their laptop at home or on the road, or alternatively, a hard copy print out of the presentation.

All seminars deliver to delegates:

- General awareness of the health theme;
- An understanding of how the health theme affects them as individuals; and
- Structured action points to allow them to take action following the seminar; and
- Signposting to specialist support agencies

Importantly, each seminar will also highlight and signpost those flexible benefits and employee support services already provided by your organisation that can support individuals in taking action on the health topic concerned.

Each seminar session lasts for 30 minutes and can be delivered at any time of the day to meet the business requirements and shift patterns of your organisation.

Seminar delivery

Your responsibilities:

- Promotion of the service;
- Provision of the telephone conferencing facility; and
- Distribution of the power point presentation and handouts to delegates.

Our responsibilities:

- Provision of the seminar speaker;
- Provision of the power point presentation and all materials;
- Provision of the promotional materials; and
- Client report delivered within 10 working days.

Dial Up Seminar Themes

Alcohol awareness
Back care and posture
Care in the sun
Comfort at the desk
Core stability
Cancer awareness/prevention (general)
Disability awareness
Energy management
Healthy heart
Healthy eating
Hydration
Know your numbers
Manual handling
Men's and women's health
Physical activity
Pressure and stress management
Relaxation
Resiliency
Safety in the sun
Sleep
Smoking cessation
Weight management
Work life balance
Workstation set up

Clients purchase these seminars as a:

- Way to deliver to a large number of people over a multi site business
- Service initiative that ensures an equitable benefit to home workers, remote workers and those people at smaller or satellite sites
- Very cost efficient alternative to seminars and workshops

Programme co-ordinator services

Health promotion programme co-ordinator

provides you with an external health specialist to assist you to run your own in-house health promotion programme.

We help you to:

- Design your calendar of health events
- Recruit your own internal health champions

We provide you with:

- Health champion training for non-professionals in how to deliver the events
- All the materials you require
- Ongoing support to you and your champions in operational delivery.

Dedicated health coach service provides you with your own onsite health coach, full or part time, to deliver a programme of services and activities specifically created for your people.



Health promotion programme co-ordinator

Develop your own employee health promotion service in a very cost effective manner. Run your own 'in-house' programme with the support of external health specialists.

In-house programmes

We design, with you, an annual calendar of health themes that are relevant to your people and your business; these can be monthly, bi-monthly or quarterly events or a one-off annual initiative.

You select your site or departmental champions; we train your champions to deliver each themed event. Our health champion training workshops provide:

- Training for non-professionals in how to deliver these simple themed events;
- All the materials, customised to your organisation, within a 'campaign pack'; and
- Modular report formats to allow easy, consistent and timely event reports from the champions to you.

Full specialist support

We will then co-ordinate the delivery of each themed event by providing email and telephone support to your champions and assisting you in developing your own internal health event reporting schedule.

All themed events include simple health promotion interventions that can be comfortably delivered by non-professionals. But if you require more specialist services - health screening, workshops, seminars, and consultations - we can provide these specialist resources to compliment your own 'in-house' delivered programme.

Example of a quarterly programme:

- A health promotion calendar of 4 health themes is designed in conjunction with you, with one health theme being delivered each quarter
- We create all the materials and products you will require for each theme, customised to your organisation
- At the start of each quarter the well-being champion workshop is delivered (3 hour session) for the next quarter's health theme
- Prior to delivery we support your champions by telephone and email in relation to both content and organisation
- Following delivery we support the champions in completing their event reports and meet with you to review the quarter's intervention and discuss the next quarter's event
- The process is then repeated for each quarter

Clients use the co-ordinator service to:

- Overcome logistical issues
- Help establish a culture conducive to health promotion
- Provide the appropriate expertise for 'in-house' programmes
- Deliver very cost effective solutions

Dedicated health coach service

Create your own 'virtual health club' with a dedicated health coach assigned to your organisation, on a full or part time basis, to co-ordinate and deliver a bespoke onsite well-being programme.

A weekly, monthly and quarterly timetable of services and activities is created and presented as a 'virtual health club'.

Employees join the 'club', receive a joining pack and membership card and are then entitled to use any of the services provided.

The service portfolio is designed specifically for your organisation to meet the health needs and interests of your employees, within the budgetary and logistical constraints of your business.

What is typically provided?

Online health and well-being services support your dedicated onsite health coach who delivers:

A programme of on site activities and services can incorporate:

- Health checks
- Awareness days
- Seminars
- Lifestyle coaching
- Group activities, classes and clubs
- Events and challenges

The services can also be linked into Occupational Health including:

- Rehabilitation and return to work
- Work hardening
- Health risk appraisals
- Health surveillance

Clients use the 'virtual health club' as a:

- High profile employee benefit
- Brand under which all other associated employee benefits can be presented to employees in an integrated fashion

The 'virtual health club' is delivered using dedicated health coach, whether you use a health coach full-time, one day a week or, one day a month depends on what suits your logistical and budgetary requirements.

Getting Started

Implementation is very straightforward. We will just need to ask you a few simple questions to establish your preferences and then we will construct your Scheme.

Please call **0800 652 4745** to speak to one of our consultants.

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