

health  assured

Your Healthy Advantage

The Growth Company EAP

Conor Allen

Company Overview



About Health Assured

- ✓ Core values – Value, Integrity, Excellence and Respect (VIER)
- ✓ Support **15 million** lives across all sectors
- ✓ **BACP accredited** at organisational level
- ✓ **UK-based** service centres operate **24/7/365** for all calls
- ✓ **25%** of weekly calls occur outside 9.00am-5.00pm
- ✓ Network of over **1,650 counsellors, 200 IACP counsellors**
- ✓ Innovative technological development e.g. app, Live Chat
- ✓ First EAP provider to join Stonewall Diversity Programme
- ✓ Investors in People (Silver)
- ✓ Focus on client satisfaction - 4.9/5.0 on Feefo
- ✓ 56% improvement in generalised anxiety (GAD-7)
- ✓ Support 51,000 organisations across the Group

EAP Service Overview



Service Overview: Core EAP



Manager consultancy and support



Up to 8 sessions of face to face, telephone or online counselling



Full case management protocols for all structured counselling cases



Unlimited access to 24/7/365 confidential telephone helpline



Coverage for dependants & retirees (up to 3 months) within HMRC guidelines



Self, manager, HR, physiotherapy, trade union & OH referrals



Legal information services including debt & financial information



24/7 Crisis Assistance Support available



Family advice line on topics such as childcare or eldercare



Online Health & Wellbeing Portal and Mobile App

Improvement of symptoms associated with anxiety

56% using the GAD-7 questionnaire

Information Services



Legal

Information on a range of issues including, motoring, consumer, family including dependant care, wills and commercial



Management Consultancy Support

Support for managers and HR representatives, such as; absence management, working with mental health, work related stress



24/7 Crisis Assistance Support

Bespoke response 24/ 7 365 for critical incidents that occur in the workplace through in-house trauma practitioners



Signposting

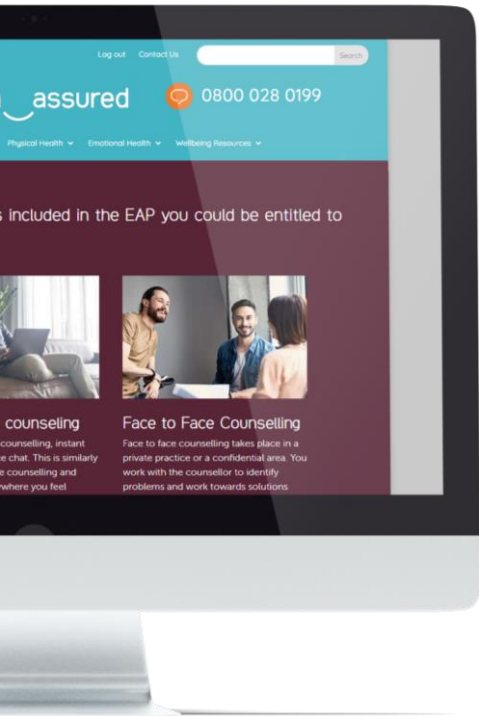
Counsellors directory for specialist signposting onward referral to support within the employees' locally

Technology

h_a



Our Digital Support



LiveAgent instant Live Chat – humans rather than AI



Drives engagement in partnership with newsletter



Four week programmes including Quit Smoking, Sleep, Losing Weight, Drinking Less



Monthly webinars including Recognising Stress, The Art of Motivation, Building Personal Resilience, Mental Health First Aid



Mini health assessments including BMI, sleep, alcohol, anxiety and depression



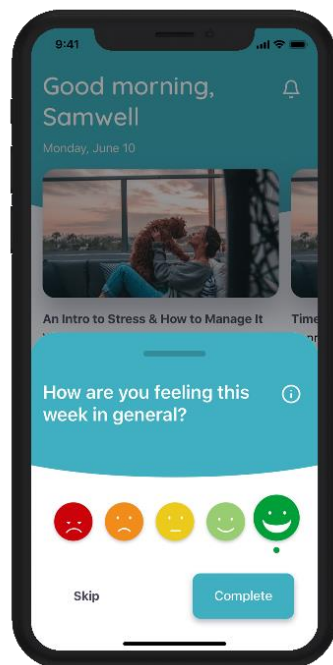
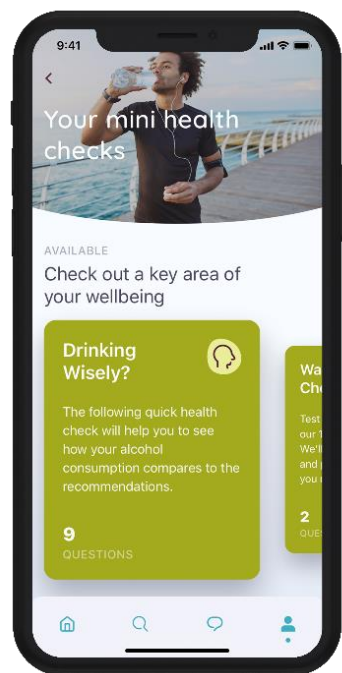
Wellbeing articles and fact sheets on topics such as sleep apnoea, menopause, internet safety, eating disorders, gender reassignment, self-harm and consumer vulnerability



Awareness Day information such as OCD week of action and self-injury awareness day

My Healthy Advantage app

My Healthy Advantage provides an enhanced set of wellbeing tools and engaging features to support wellbeing and wellness. The features are designed to improve the user's mental and physical health by using personal metrics to set goals and achievements, which include:



Wellness



Weekly mood tracker

Users can track and reflect on their emotional, physical and financial on a weekly basis



Four week plans

Support with quitting smoking, losing weight and coping with pressure



Mini health checks

Covering topics such as height and weight, sleep and mental health

User wellbeing



Personalisation

Specify preferences and topics to populate a personalised newsfeed and account with tailored resources, tools and learning materials



Support

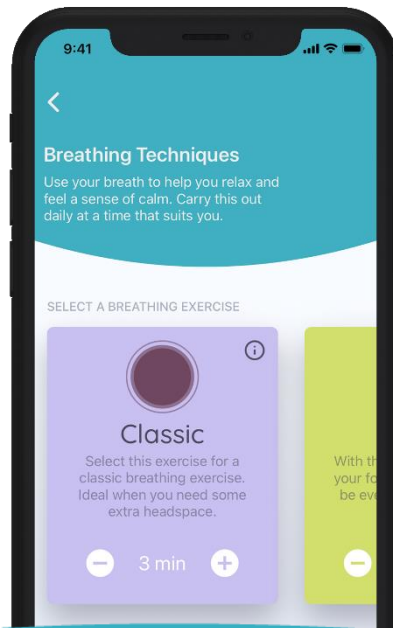
Contact Health Assured confidentiality via phone, request a call back or live chat to speak directly with our team

Breathing Techniques

Guided breathing exercises, designed to help you relax and feel calm

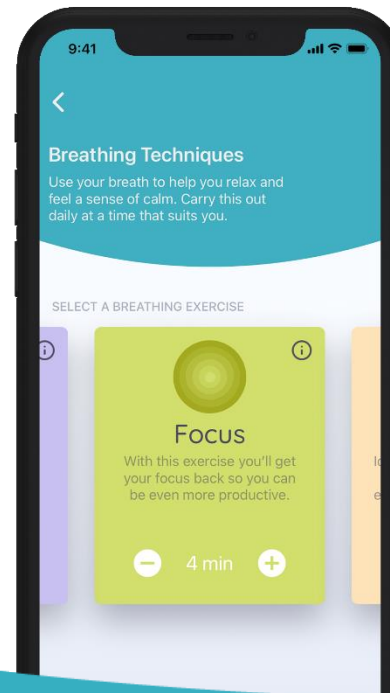
Classic

- 'Box breathing' technique
- Focuses the mind and relieves stress by using equal deep breaths



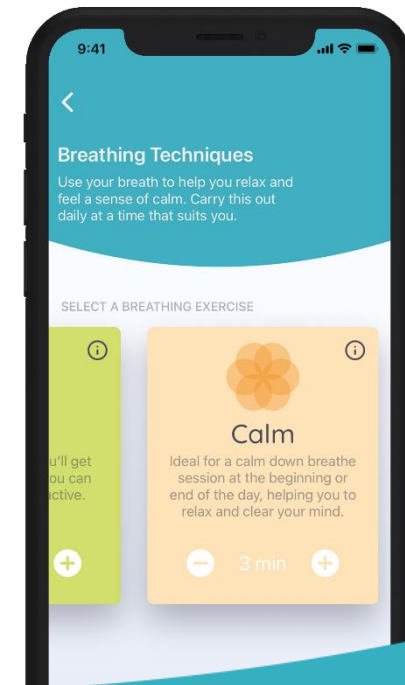
Focus

- Ujjayi technique
- Activates the 'relaxation response' to reduces stress and its effects



Calm

- Guided 4-7-8 breathing technique
- Encourages the mind and body to unwind and destress



New health and wellbeing content

Here at Health Assured, we're always looking for new ways to help students cope with the pressures and expectations of student life. That is why we're delighted to announce the launch of a new range of health and wellbeing content in the My Healthy Advantage app.

This new content has been designed to help you achieve a sense of calm and relaxation while completing your studies.

To provide this comprehensive support, we have separated the content into four distinct categories:



Sleep Zone:

Drift off with our mindful meditations, sleep stories and dreamy soundscapes.



Fitness Zone:

Work your way through our diverse fitness videos ranging from HIIT and upper body workouts to meditative yoga lessons.



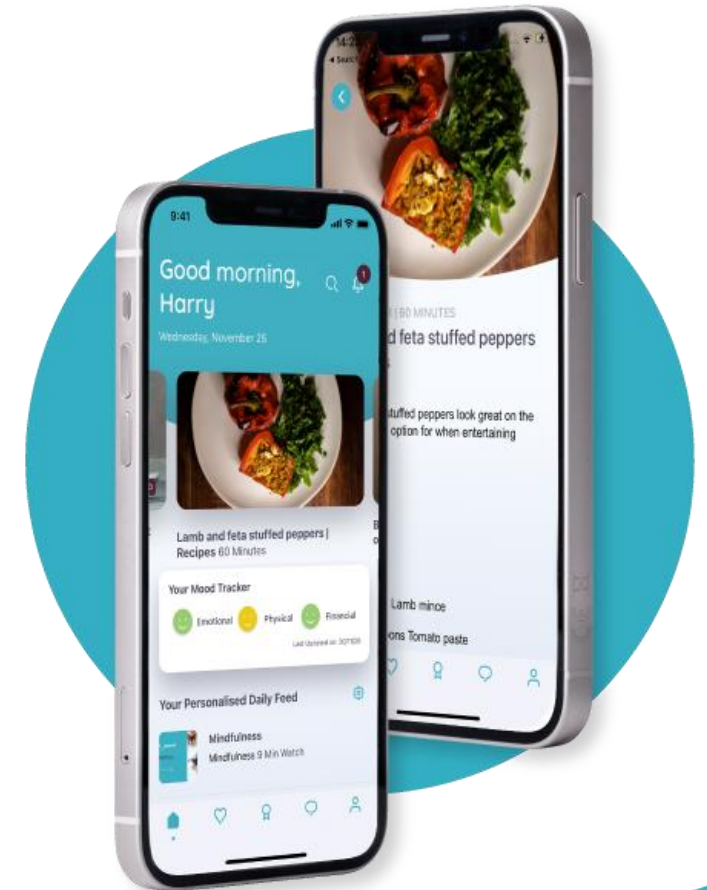
Recipe Zone:

Change it up and try something new with our delicious monthly recipes.



Meditation Zone:

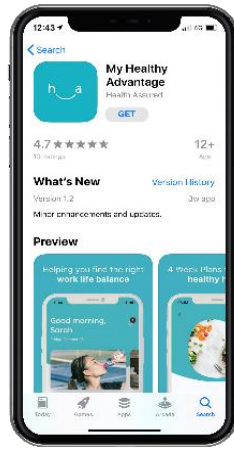
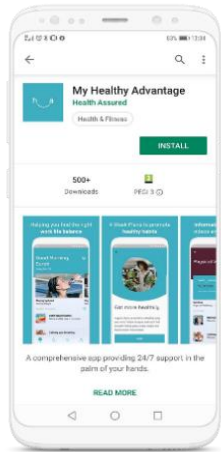
Relieve your stress and become more mindful. Our tailored meditations can help you unwind, relax your body and clear your mind.



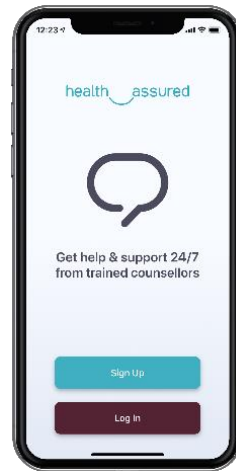
Download and Register

Follow these simple steps to download and register your My Healthy Advantage app

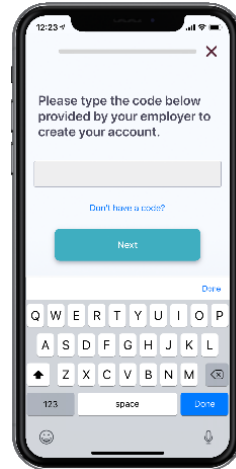
1. Download



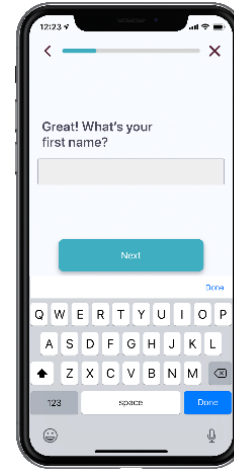
2. Register



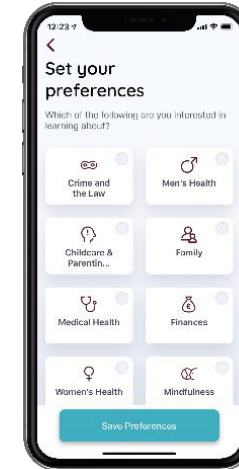
Sign up



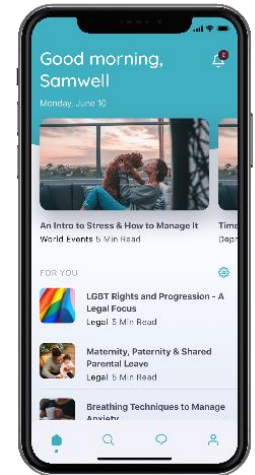
Enter code:
MHA045923



Enter your details



Personalise
your preferences



Welcome to
My Healthy Advantage

The Mental Health Hour

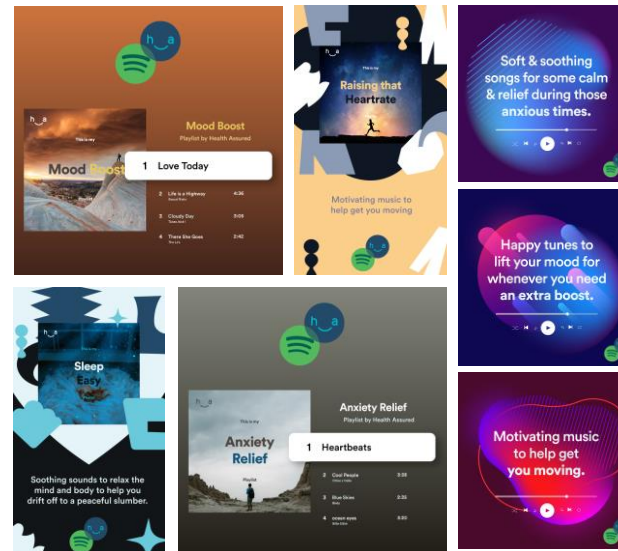
The Mental Health Hour is our monthly Q&A session hosted via Instagram stories. Each session focuses on a different topic and allows EAP users to ask one of our in-house counsellors a question. These are saved as highlights on our Instagram page to be viewed at any time.



Spotify

Music has an abundance of mental health benefits – from getting us moving, calming our mood, providing a much needed boost or getting a peaceful nights sleep – which is why we've launched Health Assured's Spotify!

We will be launching a new playlist for the mind every month – to be featured in our monthly newsletters!



Peace of Mind podcast

This brand new series is hosted by our Head of Clinical Support, Kayleigh Frost, and will dive deep into a range of mental health topics with our incredible in-house counsellors.

The first episode is all about 'Work-Related Stress' with Kristian Parsons, discussing how stress can impact us in the workplace, the knock-on effect to our mental health and what businesses can do to provide early intervention for stress-related absences. This is available to watch on our My Healthy Advantage app.



Thank You

health assured



healthassured.org

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