



We believe in safeguarding the health and wellbeing of your people. That's why we're proud to offer you our award-winning Assistance Programme from Health Assured – the UK and Ireland's leading wellbeing provider.



## What is an Assistance Programme?

An Assistance Programme is a confidential service that provides support and guidance with any personal or professional problems that may affect your overall health and wellbeing.

## What Support is Available

For Management and Human Resources:

- Manager consultancy and support
- Manager's Helpline Referral
- Active Care – Day One intervention for stress
- Manager's Helpline Referral
- Employment Law and HR Line
- 24/7 critical incident stress management telephone support
- Mental Health First Aid Courses\*
- Work health assessments – medical opinions and impartial reports on fitness to work

To access the Wisdom app, you'll need your organisation code.

\*Additional cost with complete and digital EAP

\*\*Health Assured define immediate family members as spouse/partners and children aged 16 to 24 in full time education, living in the same household.

## For Your People:

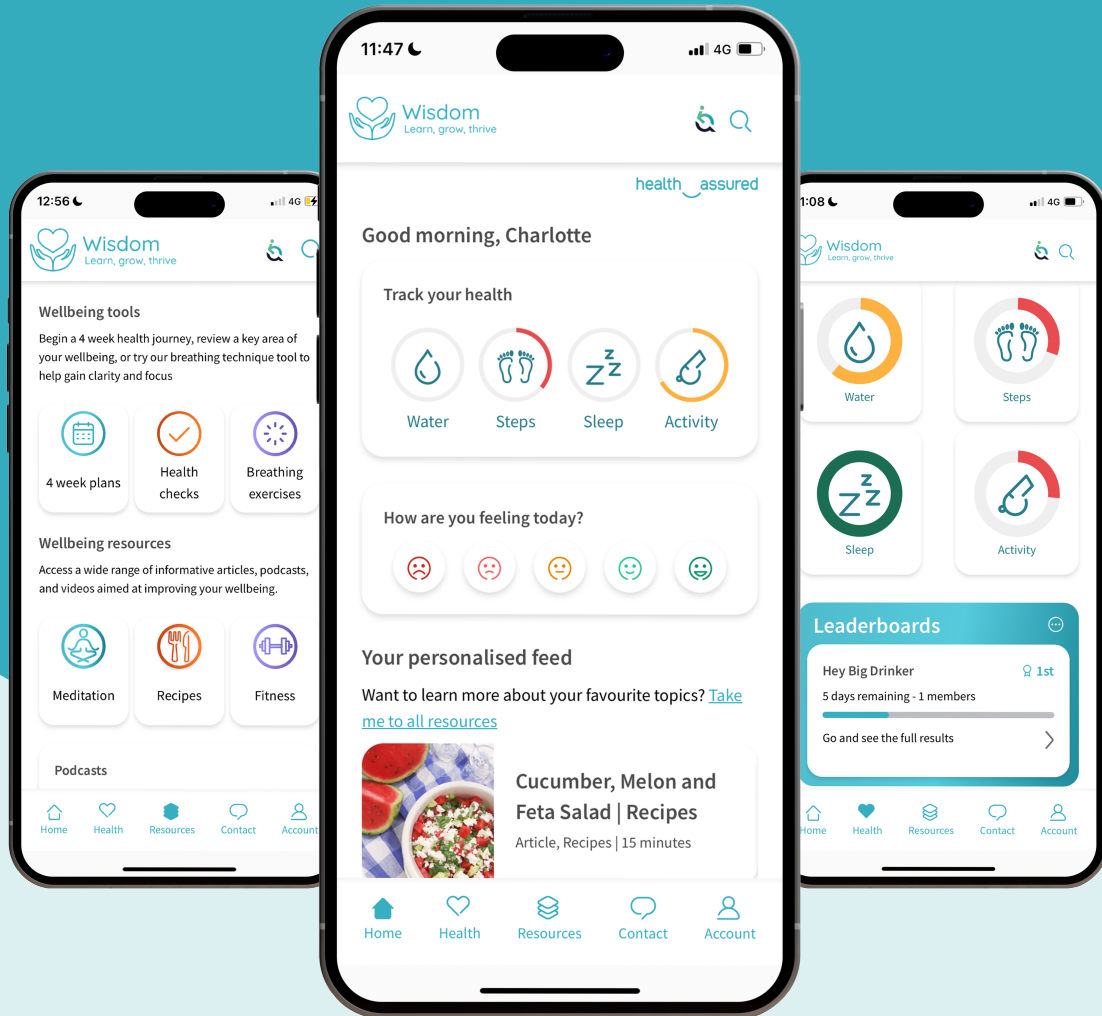
- ☺ Life Support: Access face to face, telephone, online counselling, life and leadership coaching
- ☺ Legal Information: Support for debt management, in addition to consumer, property, or neighbour disputes that can cause emotional distress.
- ☺ Bereavement Support: Advice, guidance, and counselling for grief in bereavement, as well as legal support for grief related legal matters.
- ☺ Online CBT Support: Self-help modules, fact sheets and guidance videos from leading qualified counsellors for a wide range of needs, including anxiety, depression, and menopause.
- ☺ Helpline: Unlimited access to our 24/7/365 confidential UK based telephone helpline for you and your immediate family members\*\* by calling 0800 028 0199
- ☺ Medical Information: Practical advice, guidance, and support from qualified nurses for a wide range of medical related health issues.
- ☺ Active Care: Effective intervention on the very first day a fit note is received for a stress related absence.



# Wisdom

Learn, grow, thrive

Brought to you by Health Assured



## Exciting features available on The Brand New Wisdom App



Wellbeing Trackers



Breathing Techniques



Four Week Health Plans



Mini Health Checks

Download and register today

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Unique code:

