

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
- 24/7 critical incident stress management telephone support
- Work health assessments – medical opinions and impartial reports on fitness to work

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

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

Telephone and Online Counselling

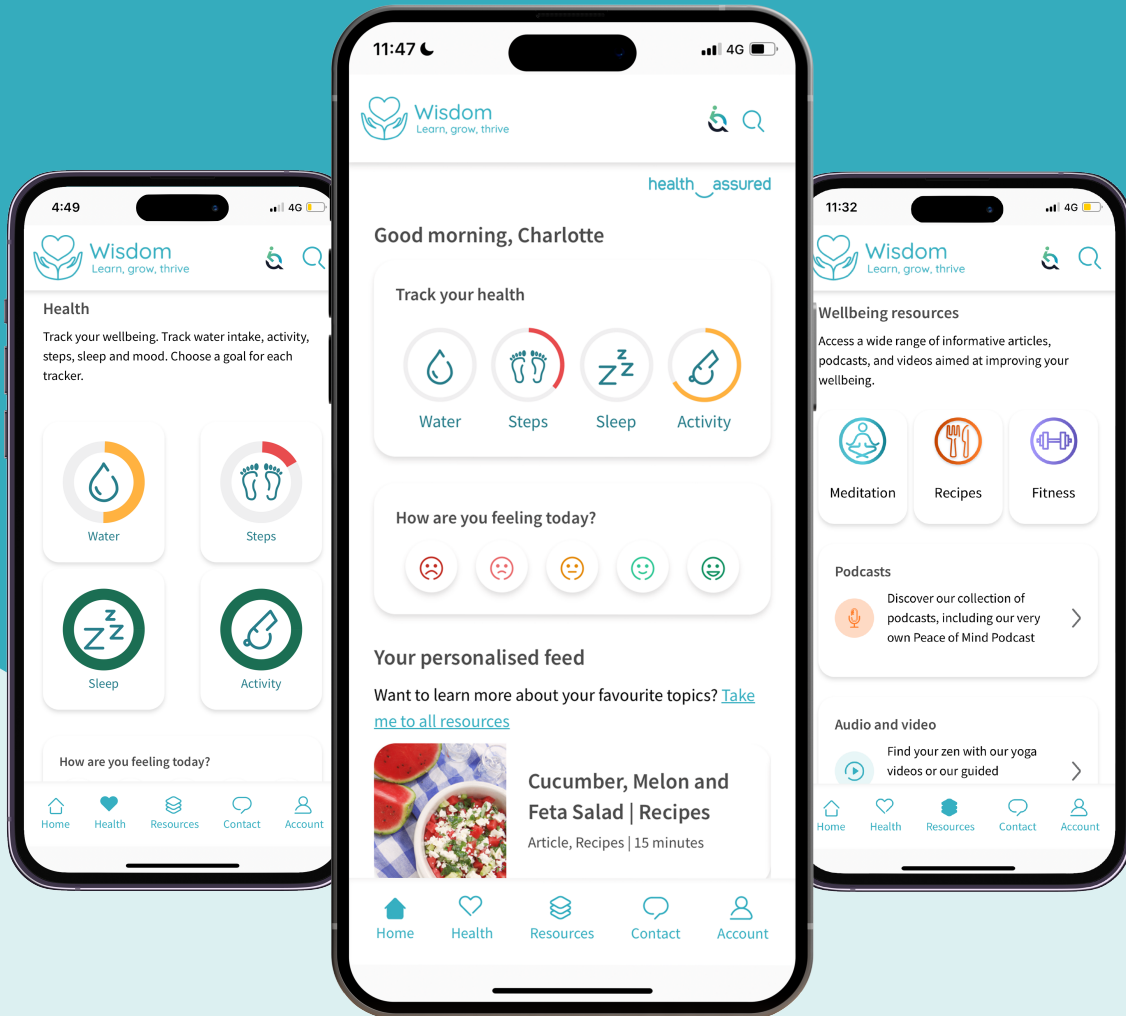
- ☺ Life Support: Access face to face, telephone and online counselling.
- ☺ Legal Information: Support for debt management, in addition to consumer, property, or neighbour disputes that can cause emotional distress.
- ☺ Bereavement Support: Advice, guidance, and counselling for grief in bereavement, 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*.
- ☺ Medical Information: Practical advice, guidance, and support from qualified nurses for a wide range of medical related health issues.



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

