

Introducing

mywellness

The additional benefits that make our health cash plans more than just PERKS.



health shield

The best of health



The thinking behind the benefits.

As you'd expect, our health cash plans reimburse your employees for everyday health treatments, keeping them in the best possible shape and helping their salaries go further.

But there's more to staying healthy than money back on treatments.

We all suffer from health niggles, stress and worries – that's part of life. But left unchecked these little things can erode our work focus and even lead to bigger health problems.

That's why every health cash plan we offer comes with MyWellness. It's a package of easy-to-access wellbeing services designed to help your employees stay on top of their game and their health.

And because we know staying happy keeps you healthy, we've even thrown in a reward scheme, so your staff can get access to great discounts on great brands too.



Here's everything MyWellness has to offer:

The exact blend of benefits your employees receive depends on the health cash plan you choose. All services are available online via our customer portal.



*The app meets NHS quality standards for clinical effectiveness, safety, usability and accessibility and has a supportive evidence base.



The benefits unwrapped.



My GP Anytime

Have you tried getting an appointment with a GP lately?

Apparently one in three patients must now wait a week or more for an appointment.* Well not with My GP Anytime.

Your employees can speak to a GP over the phone 24/7 at a prearranged time, plus they can receive a face-to-face video chat on weekdays from their pc or mobile device. What's more, if the issue isn't too serious, they can simply text a GP for a quick response, and our private prescriptions service delivers directly to your employees' home or office.



My On-Demand Physio

Suffer from aches and pains? You're not alone.

In fact, 6.6 million working days were lost due to work-related musculoskeletal disorders last year** – the main causes of these were manual handling, awkward or tiring work positions and keyboard work, or repetitive actions. Left untreated, these conditions can become debilitating and mentally draining.

My On-Demand Physio gives employees a direct line to a fully qualified physiotherapist who'll organise a phone or video call with the right medical professional within 72 hours. Your employee will then receive a personal diagnosis and recovery programme without delay.



My Wellbeing App

Ever felt the world is against you? We'll help you Thrive.

We'll all experience work-related stress, anxiety and depression at some point in our lives, so it's little wonder that one in four of us experience mental health issues in any given year, and many more know and care for people who do.*

Understanding your own mind is key to improving your mental health. So, MyWellness comes with Thrive, the NHS-approved** app that's packed full of tips and techniques to help your employees monitor and improve their state of mind.

If you dive into Thrive, here's what you'll find:

- ✔ **Mood meter**
To track their mood and see which activities work best for them.
- ✔ **Thought trainer**
Personalised Cognitive Behavioural Therapy (CBT), to help reframe negative thoughts.
- ✔ **Goal system**
Allows employees to set physical and mental health goals.
- ✔ **Progress**
A feature that tracks good and not-so-good days, reminding employees of what works well for them.
- ✔ **Relaxation techniques**
A mixture of calm breathing, meditation, deep muscle relaxation and progressive relaxation techniques.
- ✔ **Wellbeing guides**
Tailored support for employees every step of the way, based on their mood meter.
- ✔ **Activities**
Calming challenges and games, plus the ability to design their own peaceful paradise.
- ✔ **Postcards**
Send and receive feel-good messages to and from colleagues.

*The average wait for a routine GP appointment is more than 2 weeks, The Guardian, August 2019

**Health and Safety Executive, 2018

*NHS, 2019

**The app meets NHS quality standards for clinical effectiveness, safety, usability and accessibility and has a supportive evidence base.

The benefits unwrapped.



My Counselling

15.4 million working days are lost each year due to stress.* Now that is something to worry about.

Yet despite the growing awareness of the problem, it's still hard for people to know where to turn when they need help.

Our 24/7 Counselling and Support Helpline makes it easy for employees to get the expert support they need when they need it. It provides award-winning guidance and counselling to employees experiencing stress, financial worries, bereavements, physical health problems and more.

My Employee Assistance Programme

Employees with Tailored Health Cash Plans also benefit from up to eight face-to-face counselling sessions with a local, fully qualified counsellor.

All in all, it's a valuable service, showing that workplace counselling interventions have been found to reduce sickness absence rates in organisations by as much as 50%.**



My Health Assessments

When was the last time you put yourself first?

The better we understand our own health, the better lifestyle decisions we make. So, one of the most powerful ways to encourage employees to take care of themselves is a simple online health assessment.

My Health Assessments are designed to open your employees' eyes to the importance of nutrition, lifestyle and fitness.

Plus, they'll receive tips, video guides and advice to help them make positive improvements to their long-term health, as well as fact sheets on treating common health conditions.

*Health and Safety Executive, 2018

** McLeod, 2010



My Cancer Screening

Let's be honest, we're all frightened of the 'C' word.

That fear is well founded when you consider one in two people in the UK born after 1960 will be diagnosed with some form of cancer during their lifetime*.

But we're fighting back. Medical science is getting better and better at early diagnosis, which is the key to survival.

That's why MyWellness provides cancer testing kits to employees which they can self-administer through a finger-prick blood test. Once the lab receives the sample, it's screened for that cancer. The most common cancers can be checked – such as prostate, ovarian, bowel and bladder.

And of course employees receive specialist support and advice before and after the test.



My Home Assistance

Everyone needs a hand on the road to recovery.

If your employee needs hospital treatment, they'll need time to recuperate. And it's in everyone's interest that they focus on getting well.

My Home Assistance is here to offer a helping hand. It provides practical hands-on support to employees after a hospital stay of two nights, or more.

The service can help employees recovering with a lack of mobility with personal care such as bathing, showering, getting up and going to bed, and domestic assistance such as household chores and shopping for essentials.

*Cancer Research UK, Accessed September 2019



And we've saved the best till last.



My PERKS

Everyone feels better when they get a great deal. That's why MyWellness comes with PERKS.

PERKS is our exclusive rewards scheme that gives your employees discounts on purchases on everything from fashion, holidays, entertainment, car hire, health and beauty and even weekly shopping from major supermarkets.

Over 1,000 people a day use our PERKS reward platform, with our customers receiving over £75,000 in money back in the average month – it's like giving your staff a pay rise. And money back on purchases can be paid directly into your employees' bank accounts.

PERKS is easy to access via the MyWellness online hub where they can keep track of their savings and search for the best deals from the brands they love.

Now that's guaranteed to put a smile on every employee's face.



Rebecca Binks
Performance Analyst and Health Shield customer



Daniel Miz
Chef and Health Shield customer



Richard McCulloch
Bid Team Manager and Health Shield customer



Stephanie Humphries
Hygiene Manager and Health Shield customer



Debbie Carlile
Care Coordinator and Health Shield customer



Steven Schofield
Team Leader and Health Shield customer



Rebecca Craft
Marketing Coordinator and Health Shield customer



David Owen
HR Manager and Health Shield customer



Paul Bryars
Business Travel Consultant and Health Shield customer



Fiona McGregor
IT Service Desk Supervisor and Health Shield customer



It's joined up thinking with joined up health benefits.

Our health cash plans and MyWellness are designed to work hand-in-hand to keep your employees in the best of health.

For example, if an employee on our Tailored Health Cash Plan was suffering from back pain and depression as a result, they could start by using our On-Demand Physio service, giving them access to advice, a diagnosis and a recovery programme from a Senior Chartered Physiotherapist.

The employee could also claim money back on physio treatments, download Thrive, or call our 24/7 Counselling and Support Helpline for personalised support, guidance and a self-management programme to improve and maintain mental health.

If further support was required, the employee could also be referred to face-to-face physio, or access our face-to-face counselling, or GP Anytime services.



Which services are available with which health cash plans? Good question.

mywellness	Our range of health cash plans			
	Classic	Flexible	Corporate	Tailored*
My GP Anytime	★	★	★	★
My On-Demand Physio			★	★
My Wellbeing App				★
My Counselling	★	★	★	★
My Employee Assistance Programme	Available at an additional cost			★
My Cancer Screening			★	★
My Health Assessments	★	★	★	★
My Home Assistance		★	★	★
My PERKS	★	★	★	★

* With a Tailored Health Cash Plan, the employer has a choice of MyWellness benefits

To find out more about how MyWellness can help keep your employees and business in the best of health, please call: 01270 588555 or visit healthshield.co.uk/mywellness

my^{*}wellness



health shield

The best of health

Electra Way, Crewe Business Park, Crewe, Cheshire, CW1 6HS. | 01270 588555 | healthshield.co.uk

Health Shield Friendly Society Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

To ensure we're doing a good job, we may monitor or record calls.