


Helping your
employees to get
healthier

A microscopic view of plant cells, showing green cell walls and dark, oval-shaped nuclei. The image is split horizontally, with the top half showing a more detailed view of the cells and the bottom half showing a more blurred, green-tinted view.

employee
health is
about so
many things



At Nuffield Health, we believe the real health of a company should be judged not just on its revenues but on the health and wellbeing of its employees.

Indeed, healthier employees generally mean bigger profits: British business lost £13.2 billion last year through absenteeism.*

So what's employee health all about? It's the way we cycle to the office, then sit all day. It's saying 'no' to lunch but 'yes' to one too many at night. It's the knee injury we ignore, and the spare tyre we moan about. It's the cold we bring to work and the serious health problem we leave at home.

Getting healthy and staying healthy is about all these things and so much more. That's why we look at healthcare differently.

It's why our expertise combines health assessments, corporate fitness & medical facilities, over 50 commercial health clubs, physiotherapy and medical services – so we can look at every aspect of your employees' health and ensure they get the right care at the right time. We're not about quick fixes: we take a long-term view.

Our breadth of expertise also means you can choose a combination of facilities and services tailored to suit your organisation's size, objectives and budget. It's this alternative view that can help your company become so much healthier and more productive.

*Confederation of British Industry.



take a closer look at us

*Did you know that we run the UK's largest network
of independent not-for-profit hospitals?*

Or that we're the biggest provider of physiotherapy outside the NHS?
As a not-for-profit organisation, every penny we make is re-invested
back into our facilities, services and expertise - helping you run a
healthier, happier and more effective business.

We've brought together 15,000 experts from health clubs, clinics and
hospitals to create a new way for you to manage your company's health.

get checked

Risk assessment is part of good business practice.

And it's equally important when it comes to the health of your employees, which is why we offer a range of advanced health assessments at Nuffield Health.

Your employees can choose from a range of assessments, which offer a variety of tests, analysis and consultation to meet the needs of people at differing ages and stages. Based on the results, our experts will then suggest behavioural changes or other steps to help them improve their health. This gives your employees a unique opportunity to find out more about their health and get the advice they need.

We also offer a full range of stand-alone tests and we can put you in touch with the right experts, depending on your needs. After all, knowledge and prevention are the best cure.

get
checked



Health assessments

We provide the UK's most advanced range of health assessments, which combine state of the art technology with specialist expertise. They address the challenges of contemporary lifestyles, from stress to poor sleep patterns, and give people the means and motivation to make sustainable changes. Our assessments also check for more serious health issues, such as anaemia, ability to fight infection and

diabetes and cholesterol, to give you peace of mind.

Each of the four assessments on the following page is designed to address the concerns of people at different ages and stages; but in every case the approach is personal and unhurried, with plenty of time to discuss any worries or concerns.



lifestyle Health Assessment

This contemporary assessment focuses around prevention of common health issues and lifestyle change. A Physiologist will guide employees through a comprehensive range of tests, with plenty of time to discuss and explain results. They will then be given a personal coaching session to help motivate lifestyle and behaviour change.

female Health Assessment

Our female-only assessment focuses specifically on women's health issues including time with a Doctor to discuss results. The assessment covers all areas of female health and importantly will provide female employees with the chance to have a relaxed and in-depth consultation with a Doctor.

360 Health Assessment

This comprehensive assessment looks at health from every angle.

A Doctor and Physiologist will guide each employee through a comprehensive range of tests, with plenty of time to discuss and explain results. The Physiologist also gives a personalised coaching session to help motivate lifestyle and behaviour change.

360+ Health Assessment

Our most in-depth assessment gives an accurate picture of your general health, fitness and wellbeing, with an extra focus on cardiovascular health.

A Doctor and Physiologist will guide each employee through a comprehensive range of tests, with time to discuss and explain results and talk through any worries. They'll then have a one-to-one coaching session with the Physiologist, to help motivate them to make any lifestyle changes needed.

The 360+ Health Assessment also provides an in-depth cardiovascular assessment and risk profile.

If any serious health issues are found with any of our health assessments, we'll refer your employee to the right experts.

How to access our health assessments

Whatever your company's size or budget, we can tailor an assessment programme to fit your business.

We can create programmes for either a few or thousands of employees, on one or more of your sites, or at our nationwide network of health clubs, clinics and hospitals. The four assessments are available as part of a company paid scheme or flexible benefits package. Once you decide which is right for you we'll do the rest.

Company paid schemes

Every company has a different policy as to who is entitled to health screening, how often and at what level. We can audit your current provision and provide you with a relevant assessment programme to match your needs. Simply provide us with an eligibility list and let our team do the rest.

As well as providing employees with their individual assessment reports, we can give you a summary of the health issues affecting your workforce, and help you to introduce health interventions that will

benefit you and your employees alike. While they gain the support and guidance they need to proactively manage their health, you can tackle absenteeism and improve productivity.

Flexible benefits schemes

Another way to fund the programme is through tax legislation. This allows employees to pay for their health assessments through salary sacrifice – so they save on tax and National Insurance. Plus, with our innovative rewards package they can also choose to enhance their choice with great rewards like discounted membership to our health clubs.

You will be allocated a specialist Consultant who will help you set up the new scheme and manage it with you. They can advise on the best way to market the scheme and whether to add incentives such as a free health club trial.

Call **0300 123 1408** or email **corporate@nuffieldhealth.com**



get fitter

How can exercise and fitness benefit your employees?

In more ways than you might imagine. Exercise is good for their body – lowering cholesterol and blood pressure, building the immune system and toning and strengthening muscles. And it's good for their mind too – reducing stress and the risk of depression, promoting happiness and productivity. In short, exercise helps keep employees fit for business.

Your employees can meet our team of experts at one of our health clubs, or you can set up your own in-house facility with us. And because we can open the door to other health services, we make it easier for your employees to get the care they need, saving time and money. Our expert team can include Wellbeing Advisors, Personal Trainers, Physiotherapists, Spa Therapists, Nutritional Therapists and Physiologists. They're here and ready to help your employees achieve their personal health goals.



get
fitter

Wellbeing Advisors

Our Wellbeing Advisors will guide and support your employees, from giving detailed pre-exercise assessments and exercise programmes, to help and motivation on the gym floor and general advice on a range of health issues such as nutrition and lifestyle.

They will check in with employees regularly, helping them to achieve their personal goals and making sure they are working at the right pace to suit them best.

Personal training

Generally, the healthier your workforce, the healthier the business is. But it's important they do the right exercise for their body.

Our Personal Trainers can help employees who want to focus on a particular aspect of their health or specific personal goals, like running a marathon or getting in shape for a wedding. We can provide Personal Trainers to work on-site and personal training is available at all of our health clubs.

Health MOTs

Our innovative health MOT enables your employees to find out how healthy they are and identify any potential issues. For example, our tests will pick up high cholesterol or diabetes, for which early

treatment can make a huge difference to future health. The assessments are carried out by our fully qualified Wellbeing Advisors, who will also provide each employee with a personalised action plan.

State of the art equipment

Whether your employees train on-site or at our own Fitness & Wellbeing Centres, we can offer all the latest machines and facilities to help them run, swim, row or step to increase their cardiovascular fitness, plus weights and resistance training to help them improve muscle strength.

Physiotherapy

Would you like to manage your employees' musculoskeletal problems more proactively and help them get back on their feet faster? We can help. Our Physiotherapists are trained to perform work station assessments. They can also work with Occupational Health to deliver ergonomic solutions to keep employees working safely and productively.

We can provide physiotherapy services on-site or through our national clinic network, and we are moving physiotherapy into our health clubs too. Read 'Get back on your feet' to find out more.

Classes

We've got exercise classes for all tastes and fitness levels, including group cycling, boxercise, body resistance, yoga and aerobics.

They can be held at your on-site facility within a purpose built studio with the support of first-rate specialist instructors. Employees can also attend classes at our health clubs which all have extensive class timetables and at least 2 studios.

Nutrition

We recognise the importance of eating well. That's why we offer a full range of nutrition services as part of our corporate programme; from health seminars to on-site nutrition clinics offering individually tailored nutritional therapies and dietary advice for your employees.

Therapies

There's nothing wrong with a little TLC now and again – it helps us work better. We offer a range of relaxing therapeutic services, from aromatherapy massage to beauty therapies. These are provided by our national team of accredited Therapists. Your employees can access our Therapists at our commercial health clubs, all of which have a dedicated Relaxation Spa. Our Therapists can

also provide the service at your company office, either as part of an on-site fitness centre or within a designated room.

Marketing

You have enough to do without chasing up your employees about their health. So to help keep them healthy we run monthly health promotions at our Fitness & Wellbeing Centres and on-site facilities covering topics like immunity, relaxation and back care.

Plus our experts help us to pull together all of the latest and most relevant health information, so you can be sure that your employees are kept well informed. Regular gym challenges and promotions also help to encourage membership and keep employees motivated.



How to access our fitness experts

Our national network of health clubs (at discounted rates)

We offer corporate rates for companies, so that your employees can enjoy discounted membership at our health clubs and sports centres across the UK.

There are a range of simple and cost effective pricing options for company paid, subsidised, self pay and flexible benefits schemes, and we will help with the administration of these. We'll promote the scheme for you and give additional incentives like partner discounts, free trials and free entry to events and seminars for all employees.

An on-site facility (managed with a minimum of fuss)

Alternatively, we can design, build and manage a bespoke fitness centre for you at one of your offices. The fitness centre will be run by an expert and friendly team with the support of an Account Manager. Your employees will have easy access to a range of health services, minimising time away from the office.

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get back on your feet

*Business really suffers
from ill-health.*

But we can help get things moving again. Whether your employees have mild back pain or something more serious, they could really benefit from our physiotherapy services. From pre and post surgical rehabilitation, to spinal treatment and posture correction, or help with a sports injury, our unique treatment pathways help people get better faster. And as our Physiotherapists can also advise on exercise and behavioural change, they won't just enable a faster recovery but also a more lasting one.



get back on
your feet

Evidence based pathways

Whichever Physiotherapist treats your employee, they will use our specially developed treatment pathways for musculoskeletal problems. This consistent approach ensures a rapid, cost-effective recovery, within the minimum number of treatments required to produce a good clinical outcome.

Clinical quality that's second to none

As the largest employer of Physiotherapists outside the public sector we employ only the most experienced, outstanding professionals and operate the highest standards of clinical governance.

Advanced patient record systems

Our electronic record system ensures that every client gets a personal, flexible service. It means, for example, that we can offer your employees a choice of treatment locations, while guaranteeing that each Physiotherapist is fully informed of their case history so they receive seamless, expert treatment. A centralised booking system makes it easy to arrange appointments.

How to access our expert Physiotherapists

We can provide an on-site Physiotherapist working within your offices or off-site access to local Physiotherapists across the UK. Whatever you need we'll fit in with your requirements. And if more comprehensive assessment or rehabilitation programmes are required, we can provide them at one of our specialist centres.

On-site Physiotherapy services

Our Physiotherapists can work within your facilities either full-time or on a sessional basis. This means your employees can benefit from training or treatments without taking much time out of the office. It'll also help you drive down medical insurance costs for your business.

Nuffield Health physiotherapy network – rapid access to over 600 physiotherapy clinics nationwide

If your workforce needs physiotherapy across the UK, we can meet your needs. We cover the entire UK through a network of Nuffield Health owned and accredited centres, giving fast track access to timely and efficient assessment and treatment. We can also devise bespoke programmes to meet the specific needs of your organisation.

Forming the backbone of our physiotherapy network we have 30 specialist physiotherapy centres at our hospitals all benefiting from high quality imaging services, rehabilitation facilities and access to leading Consultants.

We have a further 25 physiotherapy centres within our health clubs allowing access to treatment and specialist gym based assessment and rehabilitation programmes.

Triage

Our telephone triage service is another way to make the treatment for your employees more efficient. It allows them instant access to a highly qualified Physiotherapist who will assess the best course of treatment for the condition. They will then either support your

employees with a personal self management programme or provide access to treatment through the Nuffield Health physiotherapy network. This means we can refer people to the most appropriate course of treatment for them, which in some cases may not be face to face physiotherapy treatment. Our data shows that between 20-30% of employees can effectively self-manage their condition through the assistance of our telephone triage physiotherapy team.

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get nourished

How can good nutrition keep your workforce healthy?

In a very real sense, your company is what it eats. Diet has a huge impact on how we feel each working day and, long-term, on our resistance to disease.

It's no surprise then, that well nourished, healthy employees are likely to perform better at work and less likely to cost you money through ill-health. So improving your staff's eating habits not only enhances their moods, energy and wellbeing; it also helps you increase productivity and cut absenteeism.

That's why so many companies now view good nutrition as a cornerstone of their preventative healthcare plan. And why they're turning to us.

Our nutrition programmes are tailored to meet the specific needs of individual companies. So we offer a flexible menu of services, from one-off healthy eating seminars to strategic nutrition programmes for the entire workforce.

Whether you want us to educate your staff about healthier eating, help them boost their energy levels or provide one-to-one therapeutic advice, we can tailor a plan that'll work for them - and you.

get
nourished

Strategic nutrition programmes

Nuffield Health is the first healthcare business to offer a truly scalable nutrition service, providing for the needs of every individual within a company.

Online dietary analysis

Through our online diet analysis tool (The Food Calculator), individual employees can get clear feedback on the strengths and weaknesses of their diet, plus constructive suggestions on how to improve it. We can also provide relevant, practical nutritional advice for your entire workforce.

Triage service

If any of your employees need further guidance, our triage service gives instant access to a team of highly qualified Nutritional Therapists. They will provide personalised advice and, if necessary, referrals to other practitioners.

Global analysis data

By carrying out a company-wide analysis, we can identify any dietary health concerns affecting your employees. Working with you, we can then develop a strategic plan to help them address their nutritional needs and optimise their health.

Supplementary services

We offer a full menu of supplementary services for individuals or companies seeking a higher level of nutritional support. Your teams could benefit from:

- Nutrition workshops and seminars
- Personalised weight management and diabetes programmes
- One-on-one consultations with a Nutritional Therapist
- On-site analysis of your company restaurant and menu recommendations

Clinical governance

Our nutritional services are clinically governed to the highest possible standards. Each of our Nutritional Therapists is registered with the British Association of Nutritional Therapists and offers practical advice tailored to meet individual needs.

How to access our nutritional services

We pride ourselves on working closely with our clients to develop a truly integrated approach to wellbeing. That means we'll listen to you, and only suggest initiatives that fit in with your company culture, needs and goals.

Our flexible, holistic philosophy means we're here to help any individual wanting nutritional advice, from the fit and healthy to those with a diagnosed condition. So whether it's workplace seminars or face to face consultations, you can be sure we'll find a solution that effectively meets your needs.

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get informed

*You can educate your employees
to manage their own health better.*

A 'Meet our Experts' event is a great way for your employees to find out more about key health issues that might effect them. Our experts explore a number of health issues such as heart health, nutrition and back care. We can even arrange for one of these events to be held on company premises. Events can be structured to suit your needs and would typically include taster sessions, demonstrations, and advice from a range of Nuffield Health experts.

Employees can also visit these events at our network of health clubs for free.

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get
informed



get better

What happens when an employee falls ill?

You want to make sure that they get the fastest, most professional and responsive diagnosis and treatment possible: the sort that Nuffield Health can offer. We have the UK's largest network of not for profit independent hospitals and thousands of professional healthcare experts and specialists to help get your employees back on their feet.

Services:

- Physiologists
- Nutritional Therapists
- Consultants
- Physiotherapists
- GPs
- Tests and scans
- Outpatient, inpatient, day patient care
- After care

For more information visit nuffieldhealth.com

get
better

get in touch

*We can offer you a different approach
to the health of your company.*

We've brought together experts from every area of health: Consultants, GPs, Physiotherapists, Physiologists, Nutritional Therapists, Personal Trainers, Surgeons, Health Club Managers, Fitness Instructors and Spa Therapists.

You can choose to use one or all of their services – whatever suits your company and employees best. We'll put together a solution for you. So why not call us today to see how we can get your company healthier than ever.

Contact us today on **0300 123 1408**
or **corporate@nuffieldhealth.com**

Visit **nuffieldhealth.com**





get
in touch



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