

A photograph of three people in an office setting. On the left, a man with a light beard and short blonde hair is smiling broadly, wearing a light grey sweater over a blue and white striped shirt. In the center, a man with a dark beard and short dark hair is also smiling, wearing a dark blue sweater over a blue collared shirt. On the right, the side profile of a woman with blonde hair is visible, also smiling. The background is a blurred office environment with bookshelves and a staircase.

# Your guide to complete health and wellbeing.

Corporate wellbeing from Nuffield Health.

[nuffieldhealth.com/corporate-wellbeing](https://nuffieldhealth.com/corporate-wellbeing)

# Healthy employees mean healthy results for your business.

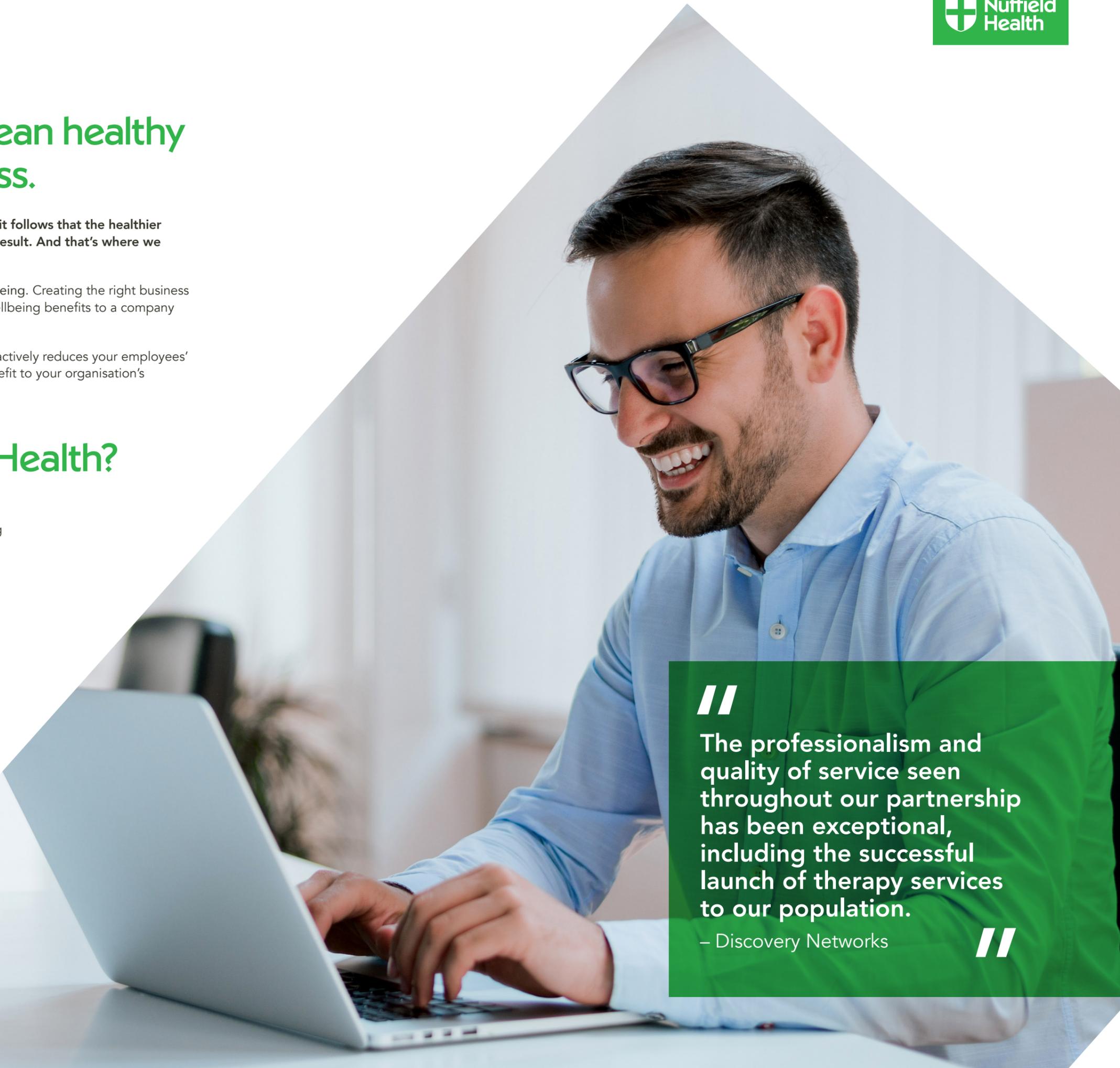
**It's a fact. People are a company's most important asset. So, it follows that the healthier your employees are, the healthier your business will be as a result. And that's where we come in.**

At Nuffield Health, we are the market leader in corporate wellbeing. Creating the right business model for a business, which in turn will help bring maximum wellbeing benefits to a company and its employees.

We can help you build a corporate wellbeing programme that actively reduces your employees' health risks, improves quality of life and delivers a tangible benefit to your organisation's bottom line...

## Why choose Nuffield Health?

- As a not-for-profit organisation, we invest our income into developing our health and wellbeing services and pioneering new models of care, so your employees can benefit from a high-quality service.
- Our wellbeing consultancy can provide strategic support to get the best results for your business.
- All wellbeing solutions are bespoke to the needs of your company, ensuring high uptake on services and maximising return on investment.
- You'll receive dedicated account management, supported by our highly experienced clinical team.
- We provide annual reports on the effectiveness of our services and make recommendations to future-proof your workforce's health and wellbeing.



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The professionalism and quality of service seen throughout our partnership has been exceptional, including the successful launch of therapy services to our population.

– Discovery Networks

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## Onsite fitness.

### On course for success.

We're specialists in creating bespoke gyms filled with the latest equipment; plus, we also have the UK's best health experts on hand, along with personalised programmes to help maximise employees' fitness and wellbeing.

You might be looking for a fully-integrated wellbeing facility or just an office gym. Whatever your needs and budget, you can pick from a range of services including:

- Fully supervised management
- Health and safety advice
- Personal training
- Wellbeing advisors
- Exercise classes
- Education seminars and forums
- Health MOT
- 'Meet Our Experts' events
- Beauty and alternative therapies

**1.4 million**

people suffer from work-related ill health each year\*. Regular exercise can increase productivity, job satisfaction, staff morale and reduce sickness absence.

## Top-ups.

Employees can enjoy a work-out where they live, as well as where they work and get both for less, by upgrading to our top-up rate.

Employees can upgrade their corporate gym membership with our top-up rate to access their local Nuffield Health Fitness & Wellbeing club any time of the week. Partners^ residing at the same address are also entitled to this top-up rate.

Depending on the location of your chosen club and the facilities on offer, rates are available from £25 - £60pcm. Visit [www.nuffieldhealth.com/topup](http://www.nuffieldhealth.com/topup) to find out more.

## Physiotherapy.

34% of all illness-related lost working days are due to musculoskeletal (MSK) problems. But we can help. Tailored to your business' needs, our physiotherapy service is available either onsite, remotely through telephone triage, online or through referral to our clinically-governed national network of musculoskeletal physiotherapists. We are also the largest employer of physiotherapists outside the NHS.

### The benefits to your business:

- Reduces amount of lost working days by 2.5 days, on average
- Faster return to work following immediate intervention
- The option to speak to a physiotherapist the same day (when booked before 4pm)

**6.6 million**  
working days  
are lost due to  
work-related  
musculoskeletal  
disorders.\*

Employees of your business without access to an onsite corporate gym provided by Nuffield Health, can benefit from discounted rates into Nuffield Health's Fitness & Wellbeing club network across the UK.

^Partner/spouse or house mate is limited to 1 additional adult in the household. Partner rate is only available when the corporate member purchases a top up – this product is not a stand-alone membership.  
\*HSE – Health and safety at work Summary statistics for Great Britain (2018)

# PATH. Personalised Assessment for Tailored Health.

## More than just an employee health assessment.

Completely flexible and designed to suit everyone at all levels of any business and workforce, PATH offers a unique new way of evaluating your employees' health and wellbeing. Its two packages – 'Life' and 'Pro' – offer an easy fit with any corporate benefits provision or strategy. The combination of human expertise and innovative artificial intelligence drive the decisions that make PATH uniquely effective.

Our unique Trium® technology provides each employee – along with our doctors and physiologists – with an incredibly accurate picture of what makes them tick, what they should do more of, and what they should stop.

## Delivering a healthy return on investment

PATH is a genuinely personalised health journey that your employees can and should take for improved wellbeing. Through mixing clinical algorithms, modules and follow-up packages, it targets the real health and lifestyle concerns of every individual user – more than the one-size-fits-all approach that most traditional health assessment programmes take. And by doing so, PATH makes maximum use of your wellbeing budget. The flexibility it offers users by targeting their module content depending on need also means there is no wasted time or investment, just maximum ROI.



## Occupational health.

Reducing sickness and absence whilst improving productivity is good both for you and your employees. Choose Nuffield Health and, using assessment and prevention techniques, our clinicians will provide preventative health advice and health risk assessment whilst supporting employees get back into work.

Including the management of sickness, absence and employee wellbeing (along with fitness for work and compliance to health and safety executive legislation) our occupational health support provides balanced, business-focused reports that help you with decision-making, along with tailored intervention pathways, like exercise, nutrition and physiotherapy, using our industry-leading health and wellbeing services.

## Healthy Workplace

Did you know, 30.4 average work days are lost each year due to absence and presenteeism? That's why Vitality Health and Nuffield Health have created Healthy Workplace – designed to help your employees be healthier and happier – and help your business as a result.

- Engaging whole of workplace solution
- Industry-leading management insights
- Status-based rewards further drive engagement and health-related activities
- Links to your existing occupational health and employee assistance programmes

### People are 70% more engaged when they're being rewarded<sup>^</sup>

Sign up to Healthy Workplace and your employees will enjoy weekly rewards when activity targets are hit; from tickets to Cineworld and Vue, to a coffee at Starbucks. They also get access to substantial discounts for Allen Carr's Easyway seminars, Garmin and Polar fitness trackers, Weight Watchers membership and Nuffield Health Fitness and Wellbeing Clubs.

Presenteeism, sickness absence and staff turnover costs UK employers between £33 billion and £42 billion annually\*



<sup>^</sup>Britain's Healthiest Workplace  
<sup>\*</sup>Deloitte – Mental Health Report 2017

## Emotional wellbeing.

Nuffield Health offers a full support model of emotional wellbeing services, from whole-of-workforce education through to individual interventions, enabling businesses to educate, upskill and support their employees effectively.

Building a culture of open, transparent and meaningful conversation creates an environment where individuals can thrive, resulting in improved return on investment from wellbeing spend. To help employers achieve this, we offer multiple interventions to ensure organisations are equipped and able to respond to the changing emotional needs of their employees.

**We help your employees get well and stay well.**

**97%**

of clients completing treatment over a month showed improvement in emotional wellbeing.

**87%**

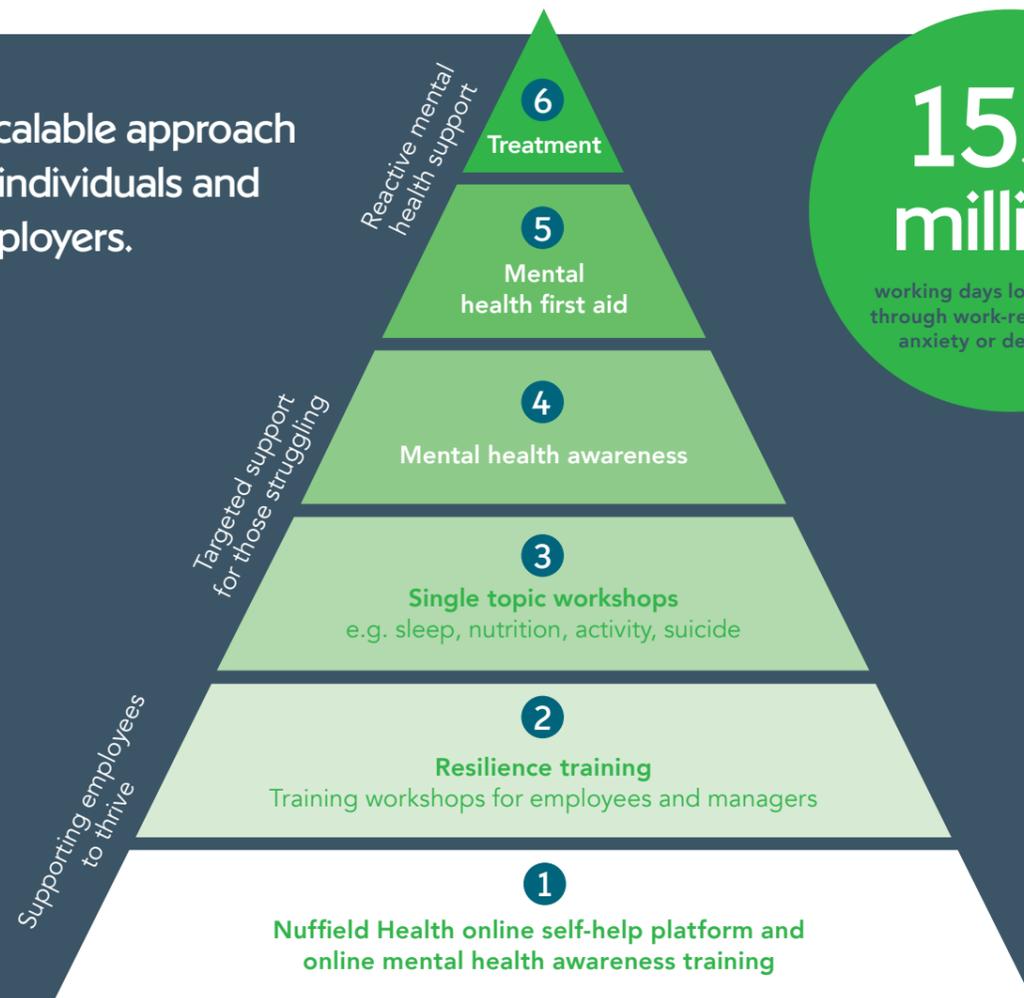
of clients completing treatment over a period of one month met the definition of Reliable Improvement at discharge.

**98%**

of patients completing treatment were new referrals, indicating low re-referral rates

Based on Nuffield Health patients discharged during 2018 (6500)

A scalable approach for individuals and employers.



**15.4 million**

working days lost each year through work-related stress, anxiety or depression\*

\*HSE – Health and safety at work Summary statistics for Great Britain (2018)



## Nutrition.

Diet and nutrition has a huge impact on how we feel day-to-day and naturally affects our long-term resistance to disease. So it's no surprise that well-nourished, healthy employees are likely to perform better at work, and less likely to cost you money through ill-health.

Our nutrition programmes are tailored to meet the specific needs of your company. So whether you want us to educate your employees about healthier eating, help them boost their energy levels or provide one-to-one nutritional advice, we can tailor a plan that'll work for them – and you.

# Primary and secondary care.

## Face-to-face GP.

Need to see a doctor? We're able to offer face-to-face GP services to companies in either on or off site – depending on individual need. Services include:

- 15-minute consultations – clinical diagnosis, advice, signposting and health observation
- Onward private referral consultants and specialists
- New and repeat private prescriptions
- Provision of clinical diagnosis, advice and minor treatments
- Provision of pathology and diagnostic services

## Virtual GP.

With Nuffield Health Virtual GP, in partnership with Doctor Care Anywhere, employees can speak to a GP at a time and location convenient to them, whether they're at work or home.

- Access to GP services 24 hours, 7 days a week with 15 minute video or phone consultations
- Duty of care to employees travelling, within the UK and abroad
- Prescriptions delivered to a location of choice
- Choose GP by name, gender or specialty when booking

## Hospital treatment.

With 31 hospitals nationwide, we offer fast, convenient access to private healthcare, allowing your employees to get the treatment they need, when they need it. All our hospitals offer a full range of surgical and medical specialties performed in state-of-the-art facilities with advanced clinical care.

- Private medical insurance is not essential; all treatments are available through self-pay methods
- Treatments are all inclusive – covering procedure through to recovery
- Our Recovery Plus programme is available free-of-charge to our private patients at most Nuffield Health hospitals



## About Nuffield Health.

# The UK's largest independent health and wellbeing not-for-profit organisation

Our family of award-winning hospitals, fitness and wellbeing clubs, medical centres and workplace wellbeing services are united behind our purpose to build a healthier nation.

For the past 60 years, our team of experts has been working together to make the UK fitter, healthier, happier and stronger, all for the public benefit.

As a trading charity, our income is invested into delivering our purpose, whether that's through outstanding day-to-day services, flagship programmes designed to address areas where healthcare needs are not adequately met, or by collaborating on research and innovation to improve health outcomes.

Our members, customers and patients always come first, in everything we do.

- 1.5 million people reached by our services\*
- 211,000 hospital procedures in 2018\*
- 112 fitness and wellbeing clubs\*
- 31 hospitals nationwide\*
- 5 medical centres\*



For more information about how Nuffield Health could help your business visit [nuffieldhealth.com/corporate-wellbeing](https://nuffieldhealth.com/corporate-wellbeing)