



Your guide to remote corporate healthcare services

Extensive customer research* confirms health is now, more than ever, at the forefront of everyone's mind. New ways of working have vastly changed employees' lifestyles, impacting their health and wellbeing and their working lives.

This guide gives an overview of our remote offerings as we believe it's important that your employees have every opportunity to reach a healthcare professional either in person, if possible, or online at this critical time.

PATH – Personalised Assessment for Tailored Health



PATH is a unique way of understanding the real health and wellbeing needs of your employees. It offers a differentiated health assessment journey that enables your people to understand and improve their health anywhere, anytime and on any device.

To ensure we can support your employees in maintaining their best health we offer a range of online health assessments in addition to our face-to-face clinics. Offering increased flexibility, simplicity and ease, employees now have the choice of attending an online health assessment based on their preferences and needs.

Our online health assessments offer in-depth testing and follow-up support to ensure new lifestyle behaviours and habits are working. Where additional tests are required, individuals will be offered testing in clinic.

*Nuffield Health Client Research 2020



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.

The Virtual GP service also provides healthcare management tools, whilst seamlessly integrating into the real world for in person GP consultations, health assessments, diagnostics and further treatment.

- ♦ 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
- ♦ Choice of GP by name, gender or specialty when booking.

Physiotherapy



Nuffield Health My Therapy, offers a complete online physiotherapy solution that connects patients with physiotherapists via video calling, enabling patients to receive expert clinical treatment from the comfort of their home.



Step 1

Video consultations



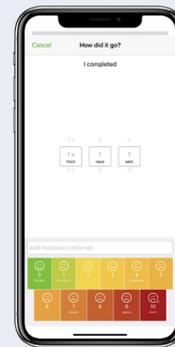
Step 2

Education materials



Step 3

Bespoke exercise



Step 4

Clinical outcomes

Ergonomic Home Assessment



Working from a laptop in different locations in the home is often associated with poor neck and shoulder postures leading to pain and discomfort.

Our online ergonomic assessment appraises a worker's home office, including display screen equipment (DSE) and desk set up ensuring a healthy setup for optimal productivity. The online assessment includes:

- ♦ Video consultation with one of our chartered physiotherapists
- ♦ Online 'tour' of the home office set up
- ♦ Recommendations for improving postural habits and quick tips to improve set up
- ♦ Access to neck, shoulder and postural exercises through the My Therapy app.



Emotional Wellbeing



Our emotional wellbeing services are available remotely to ensure we are here to support your employees when they need us most. We provide online access to a range of therapy services from:

- ◆ Initial triage assessments
- ◆ Guided and self-help therapy (see Our SilverCloud programmes)
- ◆ Cognitive Behaviour Therapy (CBT)
- ◆ Counselling.

Remotely delivered therapy is both safe and very effective. There are many ways to access sessions including video, telephone and email.

Our SilverCloud digital self-help support provides multiple programmes that give your employees practical skills and techniques to maintain their mental and physical wellbeing. There are five programmes to choose from which use a variety of easy-to-follow video, interactive media, rating scales and journals to help assist employees in maintaining and improving their wellbeing.

Our SilverCloud programmes



Space for sleep



Space from money worries



Space for resilience



Space for stress



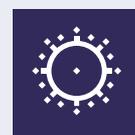
Space for mindfulness



Space for COVID-19



COVID-19 Online Employee Rehabilitation Programme



Nuffield Health has launched an employee rehabilitation programme designed to support an ever-growing number of people who are finding it difficult to recover from the long-term effects of COVID-19. Offering a unique blend of physical and emotional support, the self-managed programme can be tailored to individual rehabilitation needs and provides the tools to help people recover and return to good health and wellbeing.

The programme is self-managed and delivered remotely through the online Rehab Hub. Three digital journals guide participants through the programme and provide information, techniques, and activities on areas to aid recovery such as coping with fatigue, breathing exercises, managing anxiety and low mood, improving sleep, and tracking your progress.

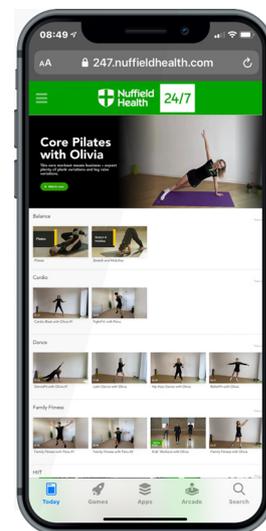


Nuffield Health 24/7



We know how important physical and emotional wellbeing is to your employees' health. That is why we've created Nuffield Health 24/7. Your team can pick from 150+ workouts to suit them, all from the comfort of their own home.

- ♦ HIIT, yoga, dance, Pilates, Attack! and much more
- ♦ Updated regularly, with brand new workouts every month
- ♦ Includes specialist COVID-19 recovery content
- ♦ Clinically-approved physio programme covering hips, knees, back and joint pain
- ♦ Clinically-approved pre and post-natal programmes
- ♦ Clinically-approved restorative and meditative programmes, designed to help employees' mental wellbeing
- ♦ Available on up to three devices – online, on smartphones and tablets, or even on TV
- ♦ Fully flexible, cost effective solution to employee fitness on demand with no minimum sign ups.



We are the UK's leading healthcare charity. We've been helping people get fitter, healthier, happier and stronger for more than 60 years. We're continuing to build flexible healthcare solutions fit for the future of work and employment all united behind our purpose – to build a healthier nation.

For more information about how Nuffield Health could benefit your business and employees,



email corporate@nuffieldhealth.com or
visit nuffieldhealth.com/corporate-wellbeing