

## Employee Assistance Programme

Resource

What?

How?

### Employee Support Hub

An online portal that provides employees with comprehensive information, advice and email and telephone counselling support on a wide variety of wellbeing topics.

Available to all employees, regardless of length of service via Perkbox. Type in support hub & download the online support hub portal - save it to your favourites!



### Cash Plan

The health cash plan enables our employees to manage the cost of everyday healthcare, by claiming cash back on dental, optical and therapy treatments, plus much more.

Additional wellbeing services include:

#### GP consultation service

The GP consultation service connects you 24/7 to a fully-qualified GP, for advice and diagnosis on health matters. Available to employees and their families, the service also includes access to an online webcam consultation with a doctor.

#### 24/7 counselling and information helpline

Available to you and your family, the telephone helpline provides a counselling service on stress, family relationships, substance abuse and debt, along with legal advice and information on financial and health matters.

#### Discounted gym membership

Giving you access to corporate membership rates at over 2,500 participating gyms and fitness clubs.



Available to all employees who have passed probation.

Outsource covers the cost of bronze membership and if you wanted a higher cover or if you wanted a family plan, you would just pay the difference via payroll.

### Occupational Health

If you're experiencing ill health, nursing an injury or struggling with difficulties at home, HR can refer you to our occupational health provider so that we can support you better by providing you and HR with information on any reasonable adjustments we could make to help you in your recovery.

Occupational health seeks to promote and maintain the health and well-being of our employees, with the goal being to ensure a positive relationship between an employee's work and health.

Available to all employees, regardless of length of service.

