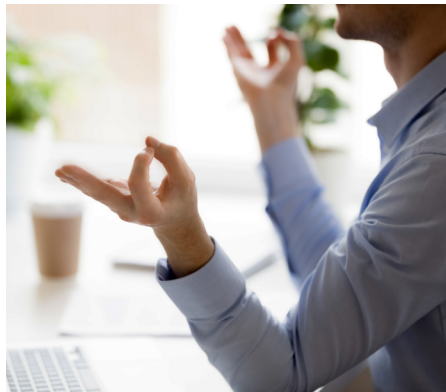


## Summary

Wellness Matters is designed to benefit both the employee and the employer by putting the individual first, improving employee wellbeing, reducing the likelihood of preventable physical and mental health conditions and providing early advice and management options for any issues that do arise.

The flexible pricing structure is our way of making services accessible to smaller businesses who don't have the staffing numbers or need for more frequent and costly onsite services. Prices are designed to be competitive against the cost of external reactive services such as DSE assessments, medical assessments, wellbeing training courses and in particular the cost on 1 weeks absence from an employee with ill health.

By engaging employees in services that aren't just there to get them back to work but to improve their overall physical and mental health will make them feel valued, employers will benefit from improved morale, productivity and become an employer of choice.



## For More Information

To find out more about how the service can help your employees and business please contact:

[info@physiotherapymatters.co.uk](mailto:info@physiotherapymatters.co.uk)

0333 220 0238

[www.physiotherapymatters.co.uk](http://www.physiotherapymatters.co.uk)

**physiotherapymatters**  
Comprehensive Physiotherapy Service



# Wellness Matters

Employee Wellbeing Programme

T: 0333 2200 238 | E: [info@physiotherapymatters.co.uk](mailto:info@physiotherapymatters.co.uk)

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# Wellness Matters

## Employee Wellbeing Programme

### Introduction and Aims:

Wellness Matters is an employee centred service, aimed at supporting the needs of individual employees and the workforce as a whole. A service that employees are aware of and engaged with, that focusses on improving overall health and wellbeing, reducing the likelihood and impact of preventable physical and mental health disorders. The service is adaptable to suit the needs of individual businesses and has a flexible pricing structure to improve access to good Occupational Health support to all employers, regardless of the number of employees you have. The main aims of the service are:

- To improve employee physical and mental wellbeing
- To increase employee engagement
- To assist employers in achieving wellbeing goals
- To provide quick access to good advice through our online resources
- To improve access to Occupational Services for SMEs
- To reduce the cost of reactive services
- To reduce the time spent by employers finding health promotional resources
- To provide adaptable services to suit the needs of a varied workforce

### Flexi Clinic - Physiotherapy and Counseling Sessions

With each of the Bronze, Silver and Gold packages you get access to our 3hour Flexi clinics. The sessions alternate between Physiotherapist and Counselor led clinics and you can pick the types of service you want each time to suit the needs of your employees and business. Services provided include:

#### PHYSIOTHERAPY

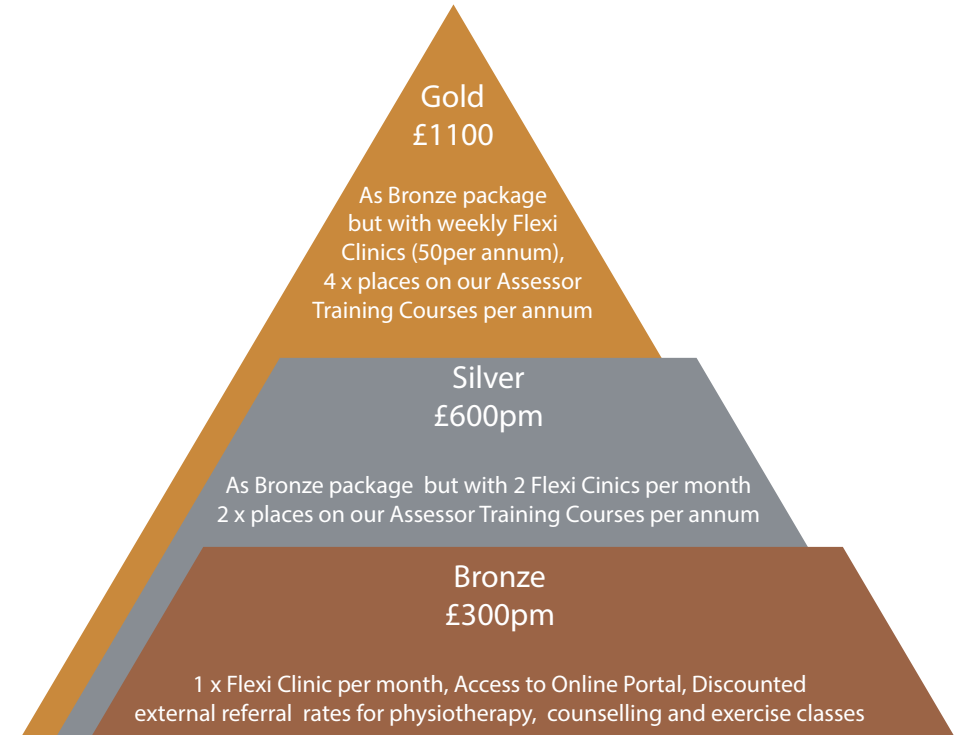
- Drop in physio assessments and advice
- Sports massages
- Workplace assessments
- Department walk arounds
- Exercise classes
- Group sessions/wellbeing training

#### COUNSELING

- Mental health MOT assessments
- 'Sleep clinic' sessions
- Full mental health assessments
- Group sessions/wellbeing training
- Review of existing health and wellbeing policies

## Pricing Structure

Tiered subscription model:



### Online Wellbeing Portal

All packages include private access to our Online Wellbeing Portal with downloadable resources including:

- Advice leaflets for common musculoskeletal conditions
- Advice leaflets to help improve mental wellbeing
- Monthly content linked to National Wellbeing campaigns - blogs, workout plans, signposting guides

Having quick access to advice can prevent symptoms from worsening, becoming chronic and impacting on ability to work.

Resources can be downloaded and added to company intranet sites, printed as handouts or emailed to employees as and when needed.