



**WELLNESS
MATTERS**

Employee Wellbeing
Programme

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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, reduces 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 service and pricing structure to improve access to high quality Occupational Health support to all employers, regardless of organisation size. The main aims of the service are to:

- Improve employee physical and mental wellbeing
- Increase employee engagement
- Assist employers in achieving wellbeing goals
- Provide quick access to evidence-based advice through our online resources
- Improve access to Occupational Health Services for SMEs
- Reduce the cost of reactive services
- Reduce the time spent by employers finding health promotional resources
- Provide adaptable services to suit the needs of a varied workforce

WELLBEING FLEXI CLINICS AND WORKSHOPS

With each of the Bronze, Silver and Gold packages you get access to our Wellbeing Flexi clinics or workshops. The sessions cover both physical and psychological wellbeing and you can pick the types of service you want each time to suit the needs of your employees and business. Services can be delivered onsite or remotely. Examples of services provided include:

WELLBEING FLEXI CLINICS

- Physical health assessment clinics
- DSE (Display Screen Equipment) assessment and advice
- Psychological assessment and advice
- Mental health assessment and advice
- Posture assessment and advice
- Pilates exercise class
- Yoga exercise class

WELLBEING WORKSHOPS

- Surviving the home office
- Injury prevention
- Emotional health
- Arm, wrist and hand care (avoiding RSIs)
- Presenteeism
- Stress – the good and bad
- The 4 Pillars of health
- Alcohol awareness
- Cancer awareness
- Pain awareness
- Healthy eating and nutrition
- Meditation session
- Mindfulness session
- Workout at work activities
- Bone and joint health
- Women's health
- Men's health

PRICING STRUCTURE

Tiered subscription model:

GOLD £1,200*	4 wellbeing flexi clinics or workshops per month, online wellbeing portal access.
SILVER £650*	2 wellbeing flexi clinics or workshops per month, online wellbeing portal access.
BRONZE £325*	1 wellbeing flexi clinic or workshop per month, online wellbeing portal access.

*All are from prices quoted, based on distance from Physiotherapy Matters head office and on a 12 month agreement.

All packages offer access to our wellbeing portal and flexi clinics:

- The flexi clinics are up to 3 hours in length and can be carried out onsite or remotely
- Drop in sessions are 1:1 with 20 minutes allocated per person and wellbeing workshops and exercise classes are 1 hour in length with two sessions provided back to back for up to 10 individuals
- The sessions are interactive with opportunities for employees to ask questions on the physical or psychological topic being delivered



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

TRAINING COURSES

Subscribers also have discounted access to our comprehensive training courses using the most up-to-date evidence to provide training on a variety of topics such as:

- **Manual Handling Training**
- **DSE User Training**
- **Management of Musculoskeletal Disorders in the Workplace**

Training courses can be delivered at our head office clinic with a fully equipped gym to mimic work environments, at client sites, or remotely via video link. Training programmes are interactive and all attendees are provided with useful resources to take with them and certificates of attendance.



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

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