

Working towards a healthier life

Health, wholeness, fitness, peace of mind, resilience – all so important for quality of life, so let's start making them a priority. With a realistic and understanding approach, Wider Wellbeing makes it easy to work towards a happier, healthier way of life.

How does the scheme work?

Wider Wellbeing aims to promote achievable wellbeing as an integrated, natural part of working life. With quick wins, ongoing motivation and help through the tough times, we're here to support and promote a happy and healthy workforce.

With a wide range of benefits on offer, from gym membership discounts and health screening through to individual goal setting and email counselling, Wider Wellbeing is easily tailored to reflect the unique needs of your organisation. Let's work together to make your organisation happier and healthier than it's ever been.

Key benefits for employers:

- ✓ A modular product, so you only pay for the benefits you need.
- ✓ Cost-effective, as you benefit from our buying power.
- ✓ Quick to implement, with full ongoing support provided as standard.
- ✓ Easily adapted to promote your existing wellbeing benefits.
- ✓ Engaging marketing material to boost employee participation.
- ✓ Complements your existing employee benefits package.
- ✓ Helps improve staff motivation and engagement.

What's on offer:

- ✓ Health screening
 - ✓ Health and wellbeing days
 - ✓ Stress and resilience workshops
 - ✓ Gym discounts
 - ✓ Personal goal tracking
 - ✓ Eye care
 - ✓ Health insurance
- ...And much more!

 **0800 612 6110**

 **www.widerwellbeing.com**

