



# Your Wellbeing Services



## Home Life Support

If you're having trouble balancing your budgets, debt, or civil disputes, we have expert advisors here to offer the support you need.



## Work-Life Assistance

Our work-life advice is dedicated to supporting you through professional issues, whether it be returning to work or coping with change.



## Physical and Emotional Health

We have a range of resources aimed to support you both physically and emotionally, from managing anxiety to simple breathing techniques.



## Wellbeing Resources

We recognise the value of self-help tools, which is why we provide a range of wellbeing modules, factsheets, and invaluable video counselling.\*



## 4-Week Health Plans

Our 4-week plans are designed to support your health goals, whether that be eating healthier, quitting smoking, sleeping better, or coping with pressure.



## Mini Health Checks

How are you feeling today? Take a minute to check in with yourself by using the health checks to assess and support your health and mental wellbeing.



## Health Calendar

The health calendar raises awareness of different health concerns each month, awareness days, and how to prevent issues from arising.



## Wellbeing Videos

BrightTV – powered by Health Assured is a monthly series, featuring well-known personalities talking about their personal experiences with mental health.



## Wisdom App

Wisdom is your guide to health and mental wellbeing. The brand-new features are designed to help track your wellness, improve your mental health.

### Download the Wisdom App

Unique code:



\*Clinical assessment will be needed, to help support expectations.

# 0800 028 0199

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