



A proactive, preventative healthcare solution designed to connect your people to the right support at the right time



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Preventative Care for Your Most Important Asset: **Your People**

When it comes to our health, many of us tend to seek help when we're feeling unwell or in need of urgent medical attention

However, while in-the-moment care certainly has its place, surely our focus should be on preventing people reaching the point of a medical or mental health crisis?

Providing access to preventative healthcare and ensuring employees are aware of the services available to them has profound benefits for your business. That's because preventative measures can help people detect health problems early on - enabling your workforce to stay happy, healthy, present, and productive at every stage of their career

Rather than waiting for your people to fall down, preventative care provides the tools to help them stay on their feet

But the benefits don't stop there. By putting wellbeing at the core of your people strategy, you can:



Help your people address health issues before they become difficult to treat, lead to further issues, or affect workplace presenteeism



Establish yourself as an employer of choice who supports a proactive approach to health and wellbeing



Help your people enjoy a better quality of life



Provide effective support to help your people manage health problems when they arise



Decrease the overall cost of lifestyle disease management on our economy



Alleviate pressure on the NHS



Future proof your people and your business








1 in 4 people³
in England will
experience a mental
health issue at some
point each year

Why Proactivity Beats Reactivity

With an estimated **185.6 million¹** working days lost to sickness in 2022, it might surprise you to learn that most of these absences were caused by stress or minor illness

When we consider that these absences are costing the UK economy more than **£100 billion²** annually, it's clear we should be doing more to promote preventative healthcare and offer solutions to combat these issues before they arise

After all, supporting the proactive management of your people's health can:

-  Boost company morale
-  Enhance employee productivity
-  Reduce absenteeism and the associated costs
-  Build mental resilience in the workplace
-  Help your employees recognise their worth and feel more valued
-  Offer a positive return on investment of up to **£8 per £1 spent⁴**
-  Reduce workplace conflict

Whatever the Issue, **Your Care** Has the Solution

Your Care provides a completely unique, fully comprehensive solution that is unlike anything else available on the market today

Offering wellbeing products and services with a focus on positive, proactive care, Your Care provides the tools you need to cultivate a happier, healthier workforce via evidence-based interventions and support tools

Your Care is so much more than just a clinical service. It is a proven, proactive, and preventative solution that keeps people in work and away from reaching crisis point – regardless of the issues they are facing. Think of it as integrated wellbeing experts who are there for your people



What's Included?

Your Care Essentials

Your Care Essentials is a comprehensive wellbeing platform that examines the individual elements that contribute to a person's mental, physical, and financial wellbeing via:



Assessments to gain a better understanding of your employees overall wellbeing, allowing areas of concern to be identified and helping to establish what further assistance may be required



Goals that can be achieved with small, sustainable lifestyle changes to motivate your people to strive for better mental health



Connectivity to health and fitness apps to sync activity data and track progress



Resources including blogs, videos, recipes and more to help build your employees' resilience

Your Care Essentials can be enhanced with our **Online GP Service**, helping your people access vital health support without having to navigate long NHS waiting lists

With **2,078⁵** fewer fully qualified full-time GPs compared to September 2015, those requiring in-person appointments are facing waiting times of up to 10 days⁶

What's Included?

24/7 In the Moment Support

With a telephone helpline available **24/7, 365 days a year**, your people can access the right support at the right time to help them tackle personal problems and find the best way forward

Early intervention is key when accessing wellbeing support. Without it, long term absence costs and higher rates of employee turnover are likely to arise

With no limit on the amount of calls your people can make and access to downloadable CBT workbooks, this support service is vital to help remove the stigma that surrounds mental health concerns while helping your people stay firmly on their feet

**1 in 6.8 people⁷
experience mental
health problems in the
workplace**

**Research suggests that
12.7%⁷ of all sickness
absence days in the UK
can be attributed to a
mental health condition**

What's Included?

Contracted Telephone Counselling

With more than half of people who have experienced both in-person and phone counselling preferring phone counselling, we're proud to offer a solution that accommodates everyone

Our contracted telephone counselling service allows your employees to benefit from 6 flexible sessions that can be held from any location, at a time that works for them

A study found that telephone counselling clients rate their counselling relationship similarly to in-person clients⁸



Supports people who do not feel comfortable with face to face or virtual counselling



Available via 6 x 50-minute sessions



Provides easy access and flexibility

Did you know it can take up to 18 weeks to access a counsellor via the NHS?⁹

Better mental health support in the workplace can save UK businesses up to **£8 billion** annually¹⁰

What's Included?

Face to Face/Virtual Counselling

Our carefully selected team of counsellors are highly qualified and experienced professionals. Your employees will be able to talk in confidence to one of our clinical experts as the first step to getting support and finding the right way forward



Location and times can be tailored to your employees' needs*



Access to over 900 counsellors across the UK with a minimum of 3 years' experience



Drop-in sessions within the workplace are offered to support the changing developments of your organisation



All sessions can be held over GDPR compliant video calls, as well as in person or over the phone



6 x 50-minute counselling sessions per issue










What's Included?

Your Care Plus

Your Care Plus is an engaging health management platform offering wellbeing products and services with a focus on positive, proactive care

As the gateway to a happier, healthier workforce, Your Care Plus delivers evidence-based interventions and support tools designed to help build mental resilience, strengthen your people's emotional, physical, and financial wellbeing, and enable them to live their best lives both in and out of the workplace

This complete solution provides access to the three wellbeing solutions we have already covered, along with:

-  Unlimited access to the Your Care Platform
-  Access to telephone and peer-to-peer support services
-  Free financial wellbeing tools to help reduce money worries and find solutions to financial issues
-  24/7 legal advice for a wide range of issues, helping your people resolve matters early on before they escalate
-  Access to debt services to support those struggling with debt anxiety reach practical solutions
-  Face to face / virtual counselling
-  Access to our online GP service



What's Included?



Discover Why **Vivup** Are Leading the Way With Employee Wellbeing



We are the best suppliers in the market with our Your Care product



We provide all services under one roof to create an 'Employee Assistance Programme in your pocket'



We employ our own counsellors



We offer enhanced psychological services



We employ multilingual counsellors to help support diverse workforces



All calls are answered and assessed, with low or no callbacks required



We are APPTS Accredited: The Accreditation Programme for Psychological Therapies Services



Our Clinical Director sits on the Board of The Royal College of Psychiatry



Our Director of Wellbeing has over 20 years of experience within EAP's and employee wellbeing

References

Reference 1: Sickness absence in the UK labour market: 2022 - **Office for National Statistics (ONS)**

Reference 2: Health and work infographics References: 2020 - **Public Health England**

Reference 3: Mental health facts and statistics: 2020 - **Mind**

Reference 4: Why workers need preventative mental health care: 2022 - **Eugene Farrell, The New Statesman**

Reference 5: Pressures in general practice data analysis: 2023 - **BMA**

Reference 6: Face-to-face GP waiting times still shorter than before the pandemic: 2022 - **Caitlin Tilley, Pulse**

Reference 7: Mental health at work: statistics - **Mental Health Foundation**

Reference 8: The Attractiveness of Telephone Counseling: An Empirical Investigation of Client Perceptions: 2002. **Journal of Counseling & Development**

Reference 9: How to access therapy in the UK - **UK Council for Psychotherapy**

Reference 10: Guide to NHS waiting times in England - **NHS**

Discover Your Care Today

To learn more about how Your Care can help strengthen your organisation's wellbeing agenda, contact the Vivup Wellbeing Team



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* Calls charged at local rates. Check with your service provider for more information.



HEALTH
WELLBEING
HAPPINESS

