



# Say hello to employee wellbeing

Workplace wellbeing solutions for  
healthy, happy employees.



Making a  
healthy  
difference  
since 1919

[www.westfieldhealth.com/business](http://www.westfieldhealth.com/business)



## We are Westfield Health

We transform people's mental and physical wellbeing, creating happier, healthier people and more resilient businesses. Whether that's mental health support or gym management, health insurance or remote wellbeing webinars, we tailor solutions to organisations, their goals and their people.

# Discover the power of workplace wellbeing



Looking after your employees' mental and physical health not only benefits your people, but your business too.

With the average full-time employee working around 37 hours a week, our working life can have a huge impact on our general wellbeing. Employee wellbeing is powerful — studies have shown that a happier workforce can increase productivity, reduce absence, and improve staff retention.

Employee wellbeing is no longer a tick-box exercise — it needs to be at the heart of a company's culture, based on data and top of the boardroom agenda.

Whether you need to convince stakeholders to invest in employee wellbeing or you're not sure how to engage employees, our Health and Wellbeing Consultants are happy to provide free support and advice and help you every step of the way.



**Increase engagement**



**Optimise productivity**



**Reduce absenteeism**



**Attract and retain the best talent**



**Provide a duty of care**



**Build a positive workplace culture**

Sources: LSE's Centre for Economic Performance 2019, PSYT 2017, CUSP Wellbeing & Productivity 2020.



# Here's what we can do for you

It all starts with an initial consultation with one of our experts. We'll talk through your challenges and goals, and the make-up of your employee base.

From there we'll discuss your options and create a bespoke offering that helps you achieve your objectives.

We'll be with you every step of the way, from design and launch to ongoing engagement, optimisation and measuring the results.

You can book a free health and wellbeing consultation for your organisation here: [westfieldhealth.com/business/contact-us](https://westfieldhealth.com/business/contact-us)

A woman with voluminous curly hair is sitting on the ground outdoors, stretching her leg. She is wearing a black sleeveless top and maroon leggings. The background is a blurred natural setting with trees and a blue sky.

Trusted by  
more than  
8,000  
clients



# Invest in your people

## Health Cash Plans

Our plans let staff take a more proactive approach to their healthcare needs, with money back, up to set limits, towards the cost of everyday healthcare, such as optical, dental and therapy costs, and access to valuable health and wellbeing services.

## Wellbeing Webinars & Workshops

High impact, interactive group coaching sessions that encourage your employees to make positive behaviour changes, helping them to be at their best. A wide range of topics are available, including mental health, resilience, sleep, emotional wellbeing, exercise and more.

## Healthy Extras

Quick and easy access to professional help 24/7, either online or over the phone, to help your people manage the pressures of everyday life. Services include Togetherall, GP access via phone or webcam, and counselling.

## Health Calendar

A ready-made programme of materials that spans the year – engaging your people's interest in their own health and wellbeing and giving them support to address their personal needs.

## Mental Health First Aider (MHFAider®) course

An internationally recognised certified course designed to raise awareness of mental health and reduce stigma, creating a more positive and supportive workplace culture.

## Private Health Insurance

Makes private surgery and medical treatment more affordable and accessible, so your people can be treated quicker and back to the workplace sooner. Immediate cover for new conditions, no medical required and no excess to pay.

## Active Spaces

A unique, whole of workforce solution to improve employees' wellbeing by engaging and encouraging them to move more and perform at their best. From large onsite fully managed gyms, to small studios and digital solutions for remote workers.

## Health and Lifestyle Screenings

A head-to-toe health assessment designed to give your staff the big picture, so they can make informed lifestyle decisions and be healthier and more motivated.



# Free wellbeing resources

We're here to help you create a healthier workforce, so our website is packed with our latest research, guides, downloads, tips and advice to help with your health and wellbeing journey.

Access our resources for free at: [westfieldhealth.com/resources](https://westfieldhealth.com/resources)

## Why choose us?

Trusted by more than 8,000 clients across the UK and Europe with a 98% retention rate, we draw on over 100 years' experience and a network of expert partners to help people and businesses be at their healthy, productive best.

### Our commitment to giving back

We donate an average of £750,000 every year to causes that align with our purpose to make a healthy difference to quality of life.

We're proud to say that we've donated over £15,000,000 in the last 20 years alone.





# What our customers say about us

“

Westfield Health is well known in the industry as the market leader, therefore helps with our employer brand to help attract and ultimately retain the best people! Westfield Health have worked tirelessly to ensure that every colleague knows the great services on offer to them. We have some fantastic utilisation of the scheme, this is down to the close relationship we have with Westfield Health and our shared goal of doing the best we can to help colleagues.

People Business Partner, Sofology

We wanted to ensure our sickness absence levels were as low as possible and since choosing the Westfield Health products they remain below 5%. This is a true partnership approach, we work on the problems together, identifying products and services which complement our goals and objectives.

”

People Director, Halo Leisure





Start your health and  
wellbeing journey today

0345 602 1629  
[businessenquiries@westfieldhealth.com](mailto:businessenquiries@westfieldhealth.com)  
[westfieldhealth.com/business](https://westfieldhealth.com/business)

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