



# Healthy Extras For healthy, happy employees

An essential employee benefit, providing your people with access to valuable services to help support their emotional wellbeing.

Telephone or  
online access to  
professional  
help

## Key features

- Available on a corporate paid basis.
- Low cost.
- Affordable for all budgets.
- Four key health and wellbeing services with the option to include additional services.
- Registration and access is easy via an online portal.
- Services available immediately from the date of registration.
- No medical required to join.
- Can be used in conjunction with existing healthcare plans.

# What's included?



We all know the importance of physical exercise, but your people's emotional wellness is just as important. Sometimes they can face issues that not only affect their quality of life, but the quality of their work too.

Healthy Extras combines four key services to ensure your employees have access to a GP 24/7, confidential guidance on medical, legal or domestic issues, a strong mental health provision and Westfield Rewards to make their money go a little further. Plus, the option to include additional services.

Our services give quick and easy access to professional help, either online or over the phone to help with the pressures of everyday life.

Key services included:		Optional extras:	
<b>DoctorLine™</b>	24/7 telephone access to a practising UK GP.	<b>Eldercare Advice</b>	Advice on navigating the care system, finding care homes and more.
<b>24 Hour Advice &amp; Information Line</b>	Confidential guidance on medical, legal or domestic issues.	<b>Gym Discounts</b>	Save on membership at selected gyms, leisure centres, bootcamps & studios.
<b>Togetherall</b>	A safe online space to get the support you need, in confidence.	<b>Structured Counselling Sessions</b>	Up to six sessions of structured counselling delivered via telephone, online or face-to-face.
<b>Westfield Rewards</b>	Discounts and special offers at hundreds of retailers, restaurants and destinations.		

# About the services



## 24 Hour Advice and Information Line

Whatever the issue, support and advice is just a phone call away. This service gives your people access to confidential guidance on medical, legal or domestic issues from qualified counsellors, legal advisors and nurses. From stress, bereavement or relationship advice to health and money worries, they'll be able to talk to a qualified counsellor any time of day or night. The service also includes access to online health and wellbeing resources via the Wisdom app.



## Togetherall

Togetherall is a safe online space for your people to explore things that are troubling them and get the support they need, in confidence.

Togetherall provides safe 24/7 online support. Your people can share their experiences with other members of the online community, express themselves in words or images, browse a library of information and follow courses on topics including managing anxiety, positive thinking and problem solving.

They can also assess themselves using a range of tests on emotional health, and issues surrounding healthy lifestyles, recording their results over time. Trained counsellors are on hand at all times to provide extra support. The service is easy to use and completely anonymous.



## DoctorLine™

From anywhere in the world, 24 hours a day, people can pick up the phone and arrange a call back from a practising UK GP or clinical pharmacist. They can even choose to have a webcam consultation. It's the closest thing to a surgery appointment, but without the wait. If the doctor believes that prescription medicine would be appropriate there are a variety of options including delivery to your home or to a local pharmacy, or a digital secure electronic prescription you can use at a local pharmacy.



## Westfield Rewards

A great way to help save money on everyday items, this online portal allows people to access offers and savings on a huge range of goods and services from hundreds of leading high street and online retailers.

By connecting with the Westfield Rewards website, your people can make use of discount codes or purchase reloadable cards. The savings they make are often on top of sale prices, money off vouchers and online promotions, so their money goes even further.

# Optional extras

## Eldercare Advice

The Telephone Care Advisory Service can help your employees understand their rights, navigate NHS/Private residential and home care choices, resolve care issues, research care providers and give practical and emotional support for their caring responsibilities.

## Gym Discounts

Your people can save up to 40% on membership at nearby gyms, health clubs and leisure centres, as well as discounted online workout subscriptions.

## Structured Counselling Sessions

In addition to the 24 Hour Advice and Information Line, your employees can access up to six sessions of structured counselling in a 12 month period. These sessions can be delivered face-to-face, as structured telephone calls or online and may be Cognitive Behavioural Therapy (CBT) technique sessions.



**I had a chest infection and could not get an appointment with my own doctor. Through Westfield Health's DoctorLine service I was able to get a private appointment with a doctor very quickly. The appointment was in the morning and the antibiotics were with me by the afternoon.**

Employee at Advocacy Focus



Start your workplace  
wellbeing journey today

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Or speak to your Westfield Health and  
Wellbeing Consultant

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