

Employee Benefits

Secure the health of your business by looking after your team. Business Health Insurance is a great benefit in the workplace. When you take out a policy with General & Medical we'll give you and your employees access to a whole range of features. This leaflet explores the benefits available with our Employee Assistance Programme on top of your Business Healthcare Insurance policy.

24/7 Health and Wellbeing Support

The health and wellbeing of you and your employees is important to us, and a happier and healthier employee is a more productive employee. That's why we are pleased to include free 24 hour Health and Wellbeing Support within all of our Business Healthcare Insurance policies, to offer additional benefits to you and your business, all for no extra cost. We want to make sure you and your employees have access to support at any time. This includes the following great range of services, designed to provide help to deal with personal and professional issues on a wide range of subjects.

Telephone Counselling & Health and Wellbeing support

You and your employees will have access to telephone counselling with a fully trained and qualified counsellor. This involves six sessions with the same counsellor and is convenient as it reduces the need for travel and will fit in with work or other commitments. Your telephone calls will always be private and confidential meaning you can speak to our counsellors about a wide range of topics including:

- Terminal illnesses
- Depression
- Long-term illnesses
- Injuries
- Bereavement
- Relationship issues
- Anxiety
- Work Issues



Online Health Checks/Health Risk Assessments

Our online Health and Wellbeing support also includes free mini health checks. Your employees will be able to find out if they are drinking wisely, if they're fatigued, what their BMI is and more. If one of your employees feels like they may have a problem but aren't sure, then taking a health check could tell them whether they are recommended to seek further help.

You and your employees can also complete an online Health Risk Assessment (HRA) which will ask questions about health conditions, family history and addressable lifestyle factors. Once a customer has completed the HRA they will be provided with a personalised in-depth interactive report about their health and wellbeing which includes valuable information such as what risk they are of developing certain diseases and what they can do to lower those risks. Your employees can also set goals, plan targets and track their progress through their own personal goal planner.

Self-Help

Online Cognitive Behavioural Therapy (CBT) is recommended by the National Institute for Clinical Excellence (NICE) as the most effective therapy for stress and mental health problems. You and your employees have access to online CBT self-help modules which help to deal with a wide range of issues including anxiety, depression or anger but the course can be adapted to help treat a range of other problems too.



Medical Information

There's a vast array of links which provide access to a wealth of medical information from trusted sites. So if anyone is looking for further information on a particular medical condition then it can easily be found here.

Lifestyle Programmes

Access to four week online programmes that can help you and your employees to lose weight, sleep better, quit smoking, drink less caffeine and much more.

If your employees need some assistance in cutting down on something such as cigarettes, or they want help changing their lifestyle then these programmes are there to provide support.

Everyday Life Support

Informative articles that cover a range of subjects including:

- Legal guidance
- Financial wellbeing
- Family
- Work life
- Relationship problems
- Physical health

These articles are designed to provide insight on a variety of everyday topics in order to help your employees with any queries they may have relating to any problems they may be facing in their everyday life.



Additional Employee Support Services

Included for all members of our Business Healthcare Insurance Schemes, our Employee Assistance Programme offers even more support for your employees. Benefits include:

Face-to-Face Counselling

This additional service provides members access to six face-to-face sessions with a qualified counsellor per problem. Through a nationwide network of affiliate counsellors, sessions can be organised close to the member's home or place of work.

Line Manager Support

This 24/7 telephone helpline service gives managers guidance and support on a range of workplace issues. Whether this is counselling to help deal with the emotional aspects of work or vital legal information, this service can also help with a wide range of issues including:

- Workplace bullying
- Work related stress
- Workplace conflict
- Communication change
- Alcohol and drugs
- Work/life balance

Critical Incident Support

This service comes at an extra cost but could be beneficial to you should a traumatic experience such as a fire, explosion, vandalism, terrorist action or armed robbery take place. Traumatic experiences can affect people as well as property so it pays to ensure that your employees have immediate access to all resources necessary, including the presence of on-site counsellors and/or psychologists experienced in post-trauma work to provide initial defusing, containment and support.



24/7 GP Advice Line

A confidential private GP telephone consultation service* offering you quick and easy access to unlimited advice, reassurance, diagnosis or medication when you need it. The service provides:

- Unlimited access to the GP advice service.
- 24-hour fast and convenient access to private GP telephone consultations.
- Online video consultations at a time convenient to you**
- Medical advice regarding your concerns from qualified and practising GPs
- All advice is specific to the individual taking into account your own personal medical history.

Our doctors provide comprehensive medical advice, reassurance, diagnosis, second opinions, advice on chronic disease management and refer patients for further private treatment where clinically appropriate. GPs can also provide advice relating to general questions about medication, travel and lifestyle.

Where appropriate our doctors can send prescriptions*** to you or your local pharmacy, provide fit notes for when you are not well enough to work, or referral letters to see a private specialist.

* where this service is included it will be shown in your Schedule of Cover
** video consultations are available to book 8am to 10pm seven days a week
*** charges may apply

Lifestyle Rewards

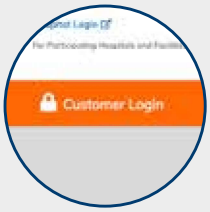
Lifestyle Rewards is a benefit that is exclusively available to anyone who has healthcare cover with General & Medical. There are over 200 unique deals and added value offers on a wide range of luxury products, services and experiences. There will also be exciting new offers added regularly.

You and your employees will have access to various different items which you can get exclusive discounts on including clothing and accessories, home furniture and interiors, food and dining, children's toys and much more. There are also offers on spa breaks, boutique hotels and coastal or countryside retreats so if you need some time away to escape the hustle and bustle of everyday life then you can guarantee there will be an offer for you.

How to access your benefits

When you take a policy out with us you will receive your welcome letter and online login details for your secure area, which can be found on our website under 'Login'. Once you have logged into your secure area you'll be able to view your Policy Documents, access the Health & Wellbeing support services, search for exclusive discounts that you can benefit from and more.

Visit
www.generalandmedical.com



Log in to
your secure area

Visit your exclusive Lifestyle Rewards area

Visit the online Health & Wellbeing Support area

For the Health & Wellbeing Telephone Counselling service call **0800 107 6585** and quote your reference number provided in your Schedule of Cover.

For the 24 hour GP Advice service call **0333 358 0585** and quote your unique policy reference number found in your Schedule of Cover (where this service is included in your membership). If you prefer to ask for a video consultation you will be sent a link to the video service prior to your agreed appointment time.

What's next?

To find out more about how we can help you then give us a call and a member of our friendly team will be on hand to help out.

Please call us on:
0800 980 4601 or 01733 362872

You can email us at:
sales@generalandmedical.com

Visit us online at: www.generalandmedical.com

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