



Employee Assistance Programme

Supporting your employees mental and emotional health.

health  assured

The background is a solid teal color. It features several light blue, curved, abstract lines that sweep across the frame, creating a sense of movement and depth. These lines are positioned in the corners and along the sides, framing the central text.

Your healthy advantage

Employee Assistance Programme

Sometimes it can be difficult to balance the pressures of work with the needs of your home life. Employees may need help to deal with challenges—emotional, physical and financial.

The Health Assured EAP offers a complete support service that provides expert advice and compassionate guidance 24/7. Confidential and practical support is available to Group Income Protection (GIP) members and their dependants*.

*Health Assured define dependants as immediate family members (spouse/partners) and children aged 16 to 24 in full time education, living in the same household.



What we offer

Counselling support

We have a network of over 2,000 counsellors across the UK and Ireland. Up to eight sessions are available per employee, per issue, per year. We deliver these via phone, face-to-face or secure online chat/VoIP.

24/7 Confidential helpline*

Our counsellors and advisors are on-hand 24/7, 365. They can be called at any time for friendly advice on medical, legal and financial issues in the strictest confidence—we're ISO/IEC 27001 accredited.

Bereavement support

Grief is an inevitable part of our lives, yet it is rarely talked about. We have the experience and expertise to help support those suffering from a bereavement.

Financial wellbeing

Our team offer guidance and advice on taking the next steps to resolve financial issues.

Legal information

Legal advice is available via our confidential helpline 24 hours a day, providing immediate, effective guidance, when it's most needed.

Online Support

Our Wisdom app is a comprehensive library of self-help tools, webinars, factsheets and health checks. Accessible at any time, these resources offer immediate support for your employees' mental and physical health.

How will my business benefit?

The Health Assured EAP provides reactive, proactive and preventative care. When combined, these approaches improve employee mental health and wellbeing.

With an EAP in place, you provide help with the challenges your employees face. You fulfil your duty of care and show commitment to employee health, wellbeing and safety.



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healthassured.org



Our Services

| | Employee Assistance Programme |
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| Free 24/7 counselling helpline | ✓ |
| Access to the Wisdom app | ✓ |
| Medical information line | ✓ |
| Crisis assistance and telephone support | ✓ |
| Management support line and counselling | ✓ |
| Promotional materials inc. leaflets, posters and guides | ✓ |
| Up to eight telephone or video counselling sessions | ✓ |
| Up to eight face-to-face counselling sessions | ✓ |

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*If we're facing extremely high call volumes, it may not always be possible for a counsellor to answer the call. In these cases, the caller might first be greeted by one of our trained advisors who will take their details and arrange for a member of the team to call them back when they become available or at a convenient time for them.