

healthy extras

emotional wellbeing support for your employees



overview

Emotional wellbeing is just as important as physical exercise. Our Healthy Extras incentive provides employees with access to valuable services to help to support their emotional health and wellbeing. Services include Togetherall and DoctorLine™.

togetherall

Togetherall is an anonymous online community where members can support each other whenever support is needed. Togetherall is a safe and protected space to be used by employees to explore issues that are troubling them and to reach out in confidence.

Whether employees are worried, stressed, anxious or feeling low and struggling to cope, Togetherall is there for them 24/7, 365 days a year.

“ **Anonymity keeps me safe, so I’m able to tell the world how I’m feeling** ”

bravo
benefits

features

- ✓ Trained and experienced counsellors (Wall Guides) are on hand 24/7 to provide extra support whenever it is required
- ✓ Togetherall is a simple and effective service, which is easy to use and completely anonymous
- ✓ Employees can share their experiences with other members of the Togetherall online community through the use of creative tools to convey their feelings
- ✓ Access to a library of information to help with their mental health issues and concerns
- ✓ Employees can follow a wide range of self-guided courses on various topics, such as managing anxiety, positive thinking and problem solving to complete at their own pace
- ✓ There is a selection of self-assessments using a range of tests on emotional health and issues surrounding healthy lifestyles

www.bravobenefits.co.uk

features

- ✓ Speak to a practicing UK GP anytime, from anywhere, whenever employees need to
- ✓ Simply telephone the DoctorLine™ service to arrange a call-back from a UK GP
- ✓ Discuss any health or wellbeing issues or request a diagnosis
- ✓ Opt to speak to a GP by phone or via webcam consultation
- ✓ The webcam consultation can be used to show the doctor any symptoms, which will help to diagnose any conditions and recommend next steps
- ✓ Doctors can issue private prescriptions if the employee requires medication, which is usually dispensed the next working day and delivered directly to their address or workplace
- ✓ The closest thing to a surgery appointment without the wait
- ✓ Employees can use the service as often as they like



doctorline™

Whenever your employees need to speak to a doctor, no matter where they are in the world, **DoctorLine™** enables them to speak to a practising UK GP 24-hours a day.

Whether they need to discuss a health issue, a wellbeing concern, receive advice or a diagnosis, they can always arrange to speak to a UK GP.

“ **Employees can speak to a doctor whether they're at home or at work, savings them and your business time and allows continued productivity from your workforce** ”