

Care above all



Let us introduce ourselves

We are a not-for-profit health and wellbeing provider, passionately focussed on creating a positive impact in workplace wellbeing – helping to keep employees, physically, mentally and financially healthy.

Our services range from occupational health, employee benefits, employee support and health insurance for businesses of all shapes and sizes. We work with specialist partners who are solely focussed on the wellbeing of our customers.





Our new product, **BHSF RISE**, delivers a new level in health and wellbeing support with a particular focus on mental health. It is a direct response to increasing customer expectations of Employee Assistance Programmes (EAP), and the enhanced level of support employees have access to.

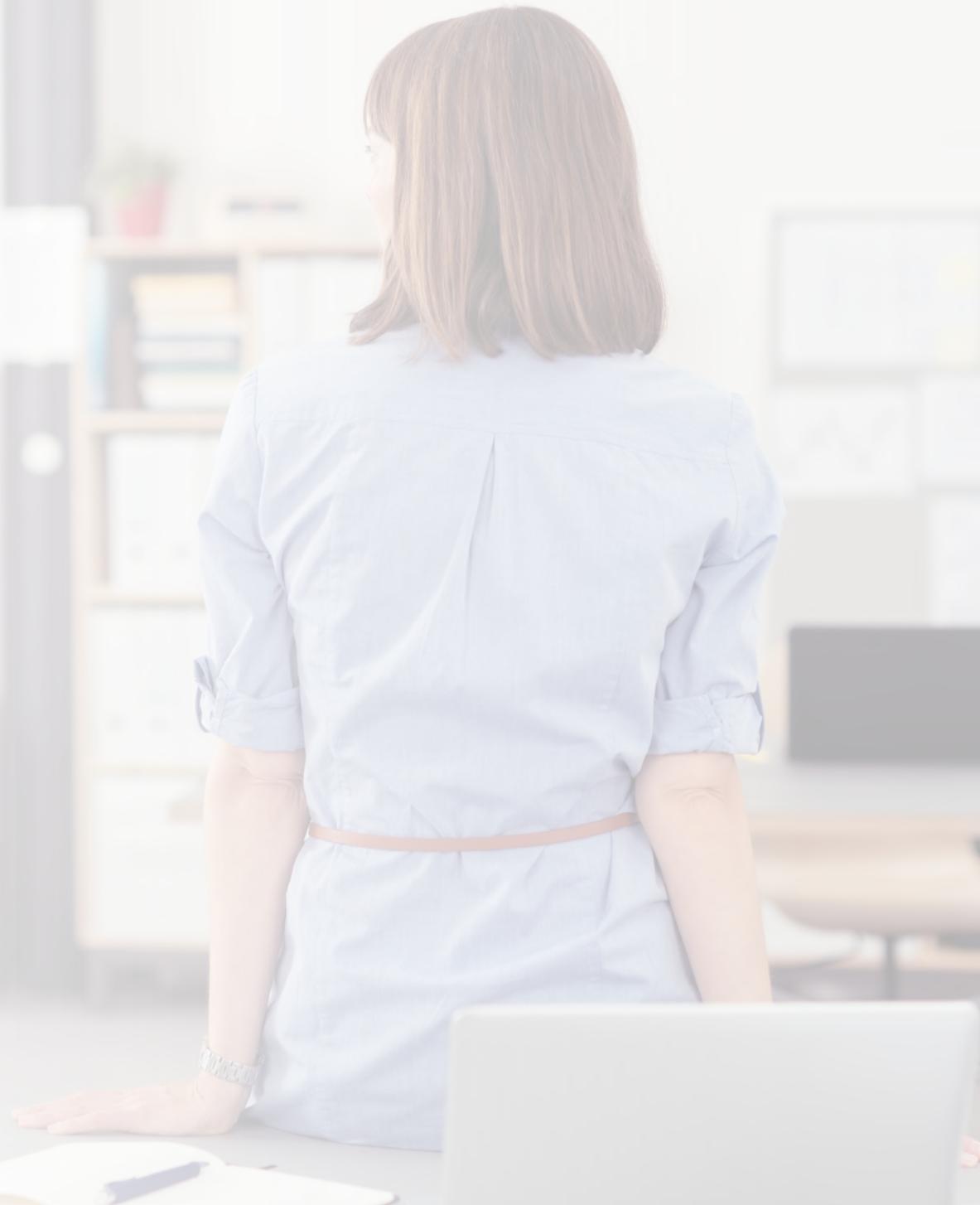
Care above all

*Our promise is a simple one.
To put care above all.
Care for you.
Care for your employees.
Care for all who need us.*

We want everyone to feel good, about themselves and the world around them.

And we're here every step of the way to help do just that. With **BHSF RISE** you have access to a trusted team offering comprehensive, connected specialist support. With friendly expertise. With helpful advice. That makes a real difference. 24 hours a day. 365 days a year.

Because with the best support everyone can be helped to reach their potential.



For every employee with stress. Office worker down on their luck. Overwhelmed single parent. Worker battling an illness. Graduate trying to make ends meet. Assistant being harassed. For every break-up, bereavement and anxiety there's BHSF RISE.

Whatever struggles your employees face, BHSF RISE provides real solutions to very real issues.





Introducing BHSF RISE

BHSF RISE is our new health and wellbeing service designed to meet the demands of thousands of employees who need support now more than ever. It promotes positivity amongst employees and helps to solve absence causing issues creating a more productive workforce.

Currently, only 4-6% of employees use an EAP*, when in reality, the need is far greater with **40%* of absences** currently due to mental health issues.

BHSF RISE is the real world ready alternative to the EAP, offering personalised, on-demand advice and support from our team of mental health, financial and legal experts – a package of support unequalled within the employee welfare industry.

*Dr Philip McCrea, Chief Medical Officer BHSF



Values

Complete Care

A new level, client centred service that enables your business to offer employees a 360 degree health and wellness support service.

Connected Expertise

A service that works seamlessly with your business, unifying expert support services through one access.

Reliable Reassurance

You can be reassured that your employees' wellbeing is being handled by a class leading service from a not-for-profit business that can trace its history back to 1873.

Positive Difference

We make a positive impact on the workplace making a real difference to the wellbeing of employees. We enable people to be at the best of their ability. In turn this creates a more positive and productive environment for all.

Individual Solutions

Each employee's case is handled on an individual and ongoing basis.

Key features and what to expect

A large number of EAPs offer a one size fits all approach. Your employees are individuals and all their needs are unique. BHSF RISE is a tailored service built around their specific needs – in particular their mental health wellbeing.

Each service can work in conjunction with another, helping your employees overcome the struggles they are facing. For example, a problem may be identified by one specialist, but due to the nature of the issue, they may need to refer an employee to another specialist. Where required, this will all be handled by their dedicated case manager.

The listed services are available through BHSF RISE.



- 24/7 counselling and advice line
- 24/7 health and wellbeing advice and support
- Face to face counselling service
- 24/7 telephone access to personal legal information and support – provided by Irwin Mitchell
- Telephone access to personal financial and debt information and support – provided by Auriga
- Your Care Support – support for carers – provided by Tutella
- 24/7 GP consultation service – provided by Medical Solutions
- Brain and Spine foundation advisory service
- Case management – individual support where required
- Psychiatric assessment and complex cases
- Access to online resources including Cognitive Behavioural Therapy workbooks
- Range of additional consulting services including workplace mediation, mental and physical health training and health and safety training
- MyMindPal, an online interactive mental fitness tool

Building employee mental fitness

With BHSF RISE, your employees have exclusive access to MyMindPal, an interactive app and online tool that helps everyday working people, reduce their stress levels and enjoy life more.

MyMindPal™

MyMindPal helps to build a mentally fit workforce enabling your employees to:

- Become more resilient
- Reduce stress levels
- Enhance positive thinking styles
- Live in the present moment
- Build healthier behaviours
- Thrive in a modern and uncertain world

With BHSF RISE and MyMindPal your employees are able to boost their mental fitness and those at risk are directed to appropriate support.

Since using MyMindPal:

76% of users reported

lower stress levels

56% of users reported

more optimistic



How will BHSF RISE benefit employers?

BHSF RISE will seamlessly integrate with your business, unifying expert support services through one access. This 360 degree health and wellbeing service will offer your employees class leading support.



The right support at the right time for everyone



Helps to reduce absenteeism and presenteeism



Reduces stress and anxiety across your workforce



Saves you time, as our dedicated case managers will own each case where appropriate



Wider breadth of services and advice available, with direct access to experts



Ideal solution for your company's wellbeing goals and commitments



Services can be accessed via self-referral, by line managers or occupational health teams

How will BHSF RISE benefit employees?

Each case will be handled on an individual, ongoing basis until a resolution is reached or resolved. The improvement in an individual's wellbeing will not only benefit them. The improvement in their attitude and performance will also positively affect the colleagues around them, creating a positive, productive environment for all.

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- ★ 24/7 personal and highly confidential advice and support
 - ★ Access to a GP 24/7 online or by phone
 - ★ Dedicated case managers to guide them through the process where appropriate
 - ★ Wide breadth of services and advice delivered by fully qualified experts
 - ★ Unlimited call length, no time restraints
 - ★ Face to face consultations available
 - ★ Quick access to specialist support thanks to fast-track referrals



How does it work?

Employers

We will supply you with a dedicated phone number and access code for our portal, which can then be circulated amongst your employees giving them access to the service whenever and wherever they need it. You will also have access to quarterly management information reports.

To encourage employee engagement, we will also provide you with a launch pack, explaining the key benefits of BHSF RISE and how employees can benefit from the service.

Employees

Employees can self-refer themselves into the service by simply using the number we will provide. Alternatively, line managers or occupational health teams can refer them. In addition to the services available by phone and face to face, employees can confidentially log on to our portal and gain access to a range of online services including self-help workbooks and Cognitive Behaviour Therapy workbooks.

