



Boutros Bear[®]

HYBRID HEALTHCARE

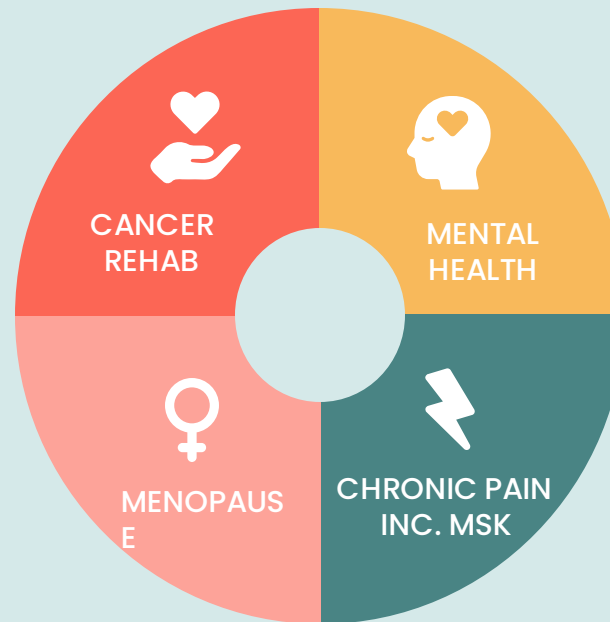
We help your employees get back to being fully **productive** and **thriving** members of the workplace



OUR CORE FOCUS

Improve productivity, revenue and profitability by dramatically reducing employee presenteeism, absenteeism and avoidable attrition.

We do this by delivering clinically evidenced multi-week recovery and rehabilitation programmes for the most common long-term health issues in the workplace, including:



WE'RE PROUD TO SUPPORT



A PROVEN APPROACH

Get your team members back to full productivity – Every programme integrates physical health, mental health, nutrition and community support

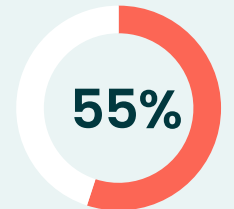
Employees will return to being a thriving part of your community – Our multi-week programmes, delivered through our intelligent healthcare platform are supported by weekly, live sessions with allied healthcare professionals

Support employees back to their best selves – All of our programmes are personalised from the start and optimised throughout.

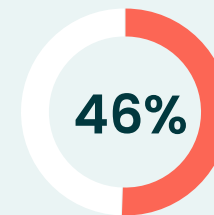
PROGRAMME OUTCOMES



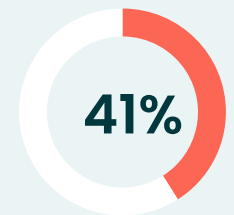
Programme adherence



Reduction in anxiety



Reduction in depression



Reduction in stress

THE BOUTROS BEAR DIFFERENCE

- **Full Recovery** – Integrated, personalised, multi-week programmes
- **High Engagement** – Delivered through our intelligent healthcare platform and led by Allied Healthcare coaches
- **Proven Results** – Programmes designed and led by world-leading Clinical Experts
- **High Efficacy** – Clinically Evidenced
- **Sustained Improvement** – Behavioural science based
- **Platform includes** recovery, rehabilitation & prevention
- **Holistic workplace focus** – including training for employers, and preventative health education for employees

"I tried a number of programmes in the past including all the benefits my employer offered, but none of them worked like Boutros Bear's integrated approach of movement, nutrition and mental health. Their personalised approach has helped me explore new ways of managing my symptoms, regain control over my life and get my energy back"

Sarah, chronic pain program participant

"The Boutros Bear Programme has helped me to instil some very good habits into my every day. I have more energy, flexibility and, more importantly, Boutros Bear supported me through my chemotherapy and I joined a supportive community."

Barbara, cancer program participant

OUR PROGRAMMES

Multi-week recovery & rehabilitation programmes

Our programmes are completely personalised and are delivered weekly by our allied healthcare professionals, on our secure, intuitive platform.

All of our programmes include:



Weekly coaching with Boutros Bear allied Healthcare Coach



Mental health support with our in-house Mental Health Team



Graded return to exercise plan curated for individuals



Nutritional education and dietary guidance



Community support forum and group activities



Physiotherapy and guidance for overcoming chronic pain



Mindfulness and mental well-being exercises



Personal dashboard to track progress with wearable integration

Employer training programmes

In addition to our proven recovery and rehabilitation programs, our platform includes manager and HR training. These videos have been designed by our HR and legal experts to educate managers and HR on creating a legally compliant, safe and supportive workplace for employees struggling with work-limiting conditions. All training programmes include participant assessment and accreditation.

OUR CLINICAL EXPERTISE

We have our own multidisciplinary team of world leading clinicians, ensuring that we drive sustained behavioural change, accelerate recovery and deliver results.



Dr. Deepak Ravindran
MD FFPMRCA FIPP
DMSMed EDRA
CMO & Pain Lead



Dr. Sarah Bateup
RMN, BSc (hons), PGCE,
BABCP Accredited CBT
Therapist, MEd, Prof Do
Director of Mental Health
Services



Dr. Ciaran Fairman
Ph.D., CSCS, CET
Research Programme Officer -
Exercise and Nutrition Oncology
Specialist



Dr Sussana Unsworth
MA (Cantab) MB BChir
MRCGP (2010) DRCOG DFSRH
PGDip Gynaecology
Head of Women's Health

PROGRAMME SPECIFICATIONS

	Preventative	Essential	Comprehensive
Primary Use Case	Preventative/Mild Challenge	Struggling, but Still Working Every Day	Struggling, Mostly Out of Work or On Health Leave
Boutros Bear Online Programme Access	Yes	Yes	Yes
Preventative Health Portal Access	Yes	Yes	Yes
Employer Training Portal Access	Yes	Yes	Yes
Coached	Self-Guided	Group coaching	1 to 1 coaching
Personalised	—	Yes	Yes
Programme Duration	Unlimited	6 Weeks	12 Weeks
Community Forum	—	Yes	Yes
Physical Therapy	Movement and Exercise Videos	Movement and Exercise Videos	Movement and Exercise Videos + 1 to 1 sessions
Counselling Psychology		6, Group Therapy Sessions	8, 1 to 1 Therapy Sessions
Nutritional Guidance	Recipes	Recipes + Group Dietitian	Recipes + 1 to 1 dietician + personalised meal plan
Optional Upgrade - £95/hour*	1:1 Physical, Psychological or Nutritional Therapy	1:1 Physical, Psychological or Nutritional Therapy	All inclusive
Per Employee Annual Platform Fee*	£2.50	£2.50	£2.50
Per Participant Programme Fee	Free	£300	£2500
Integration to HR Portal	N/A	Included	Included

* All employees must be contracted

CONTACT US

Find out more about how Boutros Bear can support your organisation:

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www.boutrosbear.com

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