

YourHalo: Your Health And Lifestyle Options

A comprehensive health and wellbeing package for your whole workforce.

Discover how YourHalo can support the health and wellbeing of your employees, delivering support for emotional wellbeing, physical health, nutritional guidance, sleep and much more.

What is YourHalo?

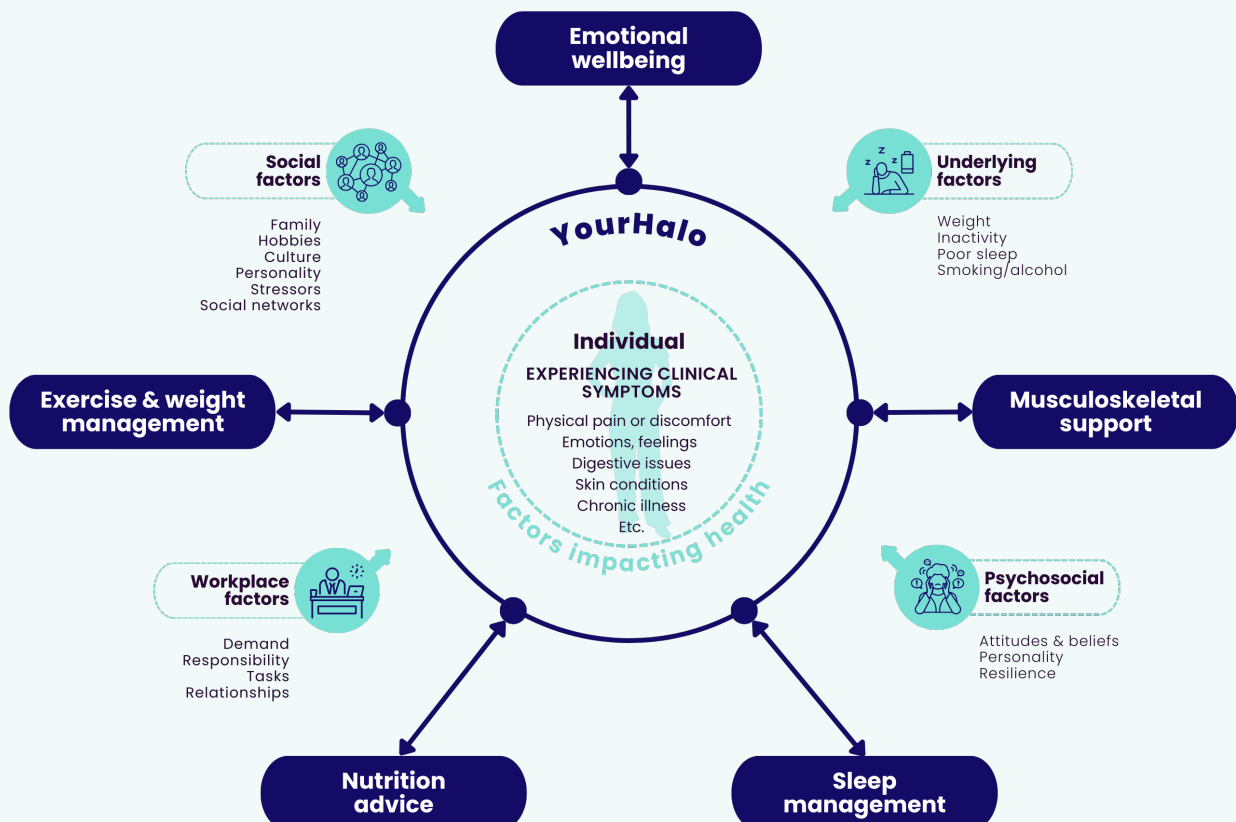
YourHalo is a confidential health and wellbeing service that provides advice, support and personalised treatment plans for employees.

It is designed to not only address existing health concerns, but also prevent future health issues, reducing sickness absence and improving productivity across the business.

Why is it different?








85% of ill health has an underlying cause or contributory risk factors. By taking the time to identify and address these factors, the symptoms of a primary health concern such as musculoskeletal, mental health, digestive and skin conditions, can often be improved without the need for expensive clinical intervention.

YourHalo offers a personalised approach, assessing all the risk factors that can impact an employee's health and wellbeing. It enables employees to understand their personal risk factors and empowers them to take control of improving their own health and wellbeing.



What does YourHalo cover?

A complete range of health and wellbeing support services, tailored to the needs of your employees, including:

-  Emotional wellbeing
-  Musculoskeletal support
-  Nutrition advice
-  Sleep management
-  Female and male wellbeing, such as menopause and ageing
-  Guidance on exercise and weight management
-  Virtual GP add-on service

Employees can access up to 6 support sessions per year across the range of services, depending on their needs.

How does it work?

YourHalo is easy to access and use. Employees can contact us via phone or use our online booking facility to arrange an initial assessment with one of our practitioners. The initial assessment allows us to gain an understanding of your employees' needs and goals, and advise them on the best course of support. We will then assign them to the most suitable practitioners, who will provide them with personalised guidance and a plan of action.

The action plan may include a range of services, for example an employee with a musculoskeletal condition may be recommended support through a combination of services including nutrition, activity and physiotherapy.

Through unique data capture and analysis, we work with you to understand the impact of work and lifestyle factors on the health and wellbeing of your employees. These insights enable you to implement support and interventions that are specific to your workforce's profile, delivering the greatest impact for your investment in employee wellbeing.

Benefits of YourHalo



Support for the whole workforce: A comprehensive, personalised health and wellbeing solution designed to support the differing demographic wants and needs of your workforce.



Preventative health and wellbeing: A data-driven and preventative approach to workforce health, tackling underlying cause and contributory risk factors to make a sustainable difference to your employees' health.



Affordable and flexible: A plan to fit every budget; pay per capita or pay as you go.



Matched care model: Treatment and support are clinically appropriate, saving you money on the costs of expensive interventions that are unlikely to resolve health issues in the long term.



Tangible outcomes: Reducing the costs and risks associated with poor health and wellbeing including reduced sickness absence, earlier return to work, reduction of repeat absence and overall return on investment.



Expert health practitioners: On hand to provide personalised and professional support, 24/7, 365 days a year.



Recognising responsibility: Employees are empowered to take charge of their own health and wellbeing.

If you want to find out more about YourHalo, and how it can benefit your organisation and your employees, please contact us.

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