

Health and Wellbeing services for employers

CHWB offers a bespoke workplace pre-occupational health and wellbeing service to help you to improve the physical and mental health of your employees. By using our services to improve the health and wellbeing of your employees:-

1. Your business may benefit from improved productivity rates and reduced absenteeism rates.
2. You will also help to improve the health and wellbeing of your local community (and demonstrate your commitment to corporate social responsibility) as we reinvest our trading surplus into providing healthcare services to disadvantaged individuals and communities.

We provide a holistic approach to healthcare, with a range of options based on a combination of medical and complementary therapies. Our services are normally delivered on your own premises, minimising both cost and disruption to you.

Your programmes will be tailored to suit the needs of your business and your employees. Our flexible programmes can be employed in a variety of ways e.g. as part of:

- The recruitment or induction process for new staff to ensure that they are fit and motivated to become a valuable member of your team.
- A regular wellbeing service for your staff, to uncover potential health problems and provide an opportunity for them to take care of themselves and get advice without the need to take time off work.
- Team building activities and “away days”.
- Targeted help for employees who are struggling with health, motivation or stress-related issues.
- As part of the exit strategy in a redundancy package.

We offer a wide range of options and will discuss these with you to devise the most appropriate programme for your needs. Our options include medical screening, complementary and stress-relieving therapies, motivational and behavioural therapies, and lifestyle advice / classes e.g. nutrition and exercise. (For further information, see below). All of our services are delivered by qualified and experienced individuals. Please contact us to discuss the full range of options available to you.

Screening and Preventative healthcare

Our nurses and pharmacists provide a comprehensive medical assessment including checks on:

- Blood pressure
- Blood glucose
- Cholesterol levels
- Weight
- Waist circumference

We also conduct a medical / lifestyle questionnaire and provide feedback to help individuals to achieve a healthy lifestyle. An anonymous evaluation of the health and wellbeing profiles of employees will also be made available to employers.

Therapies

We offer a wide range of relevant, evidence-based therapies to help improve the physical and mental health of your employees:

- Complementary therapies for individuals e.g. head and neck massage, reflexology and reiki.
- Stress-relieving sessions for groups, ranging from deep breathing exercises to laughter therapy and yoga.
- Behavioural and motivational therapies, based on NLP principles.

Healthy lifestyle advice and classes

It is well known that what we eat and our activity levels have a huge impact on how we feel at any time and on our long-term our physical and mental health. To help your employees to improve their health and fitness we offer a range of:

- Exercise classes.
- Weekly weigh-ins.
- Nutrition advice for individuals or group workshops.

For more information please contact tricia@chwb.org.uk.