

HEALTHY EXTRAS

HELP TO SUPPORT THE EMOTIONAL WELLBEING OF YOUR PEOPLE

OVERVIEW

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

TOGETHERALL

Togetherall is an anonymous community where members can support each other. It is a safe online space for your employees to explore issues that are troubling them and to get support in confidence. Whether they are worried, stressed, anxious, or feeling low and not coping, Togetherall is there for them 24/7, 365 days a year.

**A SAFE PLACE FOR
EMPLOYEES TO TALK,
SHARE AND SUPPORT
OTHERS**



**“ANONYMITY KEEPS
ME SAFE, SO I’M ABLE
TO TELL THE WORLD
HOW I’M FEELING”**

KEY FEATURES

- ▶ Trained and experienced counsellors (Wall Guides) are on hand 24/7 to provide extra support whenever required
- ▶ Togetherall is a simple and easy service 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 express how they are feeling
- ▶ Access a library of information to help with their mental health issues and concerns
- ▶ 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
- ▶ Employees can take self-assessments using a range of tests on emotional health and issues surrounding healthy lifestyles

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, SAVING
THEM AND YOUR
BUSINESS TIME AND
ALLOWS CONTINUED
PRODUCTIVITY FROM
YOUR WORKFORCE**

KEY FEATURES

- ▶ Speak to a practising 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 a 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



Talk to a member of our team today

0330 333 9100

INFORMATION@BUSYBEESBENEFITS.COM

WWW.BUSYBEESBENEFITS.COM

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