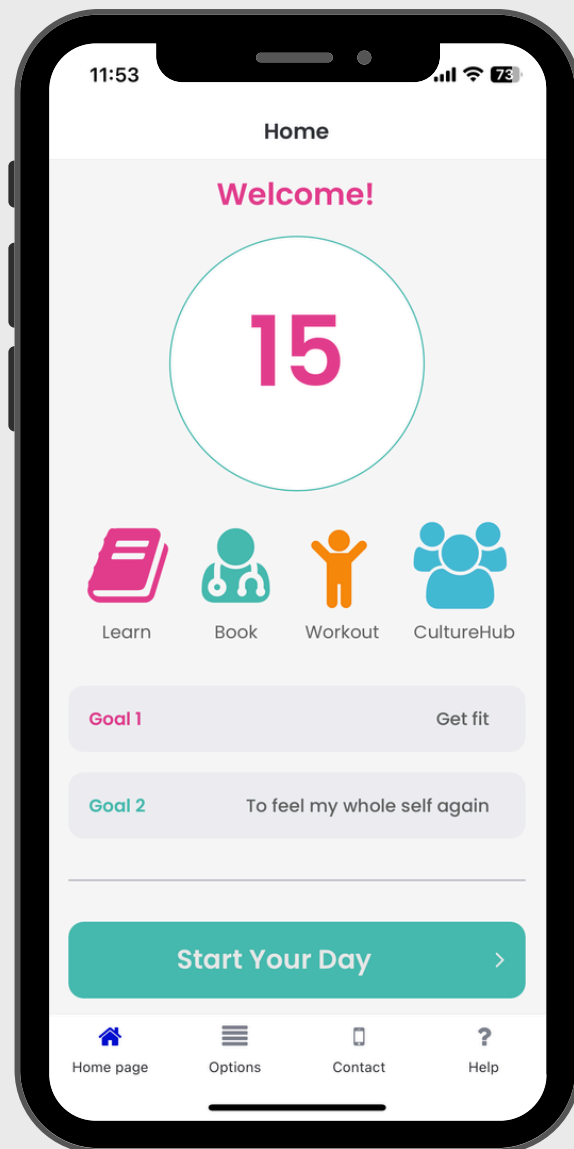


# Proactive EAP



TEESSIDE  
HEALTH CO.

# ABOUT

## INTRODUCTION

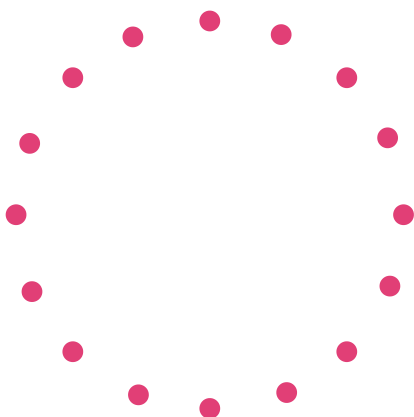
# TEESSIDE HEALTH CO.

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Teesside Health Co is an employee focussed health & wellbeing company. We specialise in the design & delivery of wellbeing strategies for all size organisations. The secret to our success lies within the constant evolvement of our service offering, keeping up to date with the latest developments in the world of workplace wellbeing and personnel development.

The Proactive Employee Assistance Program we have created addresses the needs of the people, and fulfils the duties of the business. It covers the key principles that are essential to a strong workplace wellbeing strategy.

The company has worked with a wide range of businesses in various sectors since our launch in 2018, this has given us experience which is unparalleled among our competitors. We are known as the company that gives you the full picture, not just a piece of the puzzle.



TEESSIDE  
HEALTH CO



# PEAP EXPLAINED

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The Proactive Employee Assistance Program is about giving people the means to control their own wellbeing in the palm of their hand, whilst simultaneously fulfilling the businesses responsibilities as an employer.

Proactive EAP assesses employee health through our app Platinum Wellbeing.

The assessment tool offers opportunities for users to book certain holistic services based on their answers. Leading to more early diagnosis, early intervention and proactive solutions.

We have a carefully structured inclusive offering which focuses on longevity of care and financially friendly solutions.

As well as supporting employees, we provide the business with data it can rely on for the construction of a tailored wellbeing strategy.



**PLATINUM  
WELLBEING**



**SUPPORT**

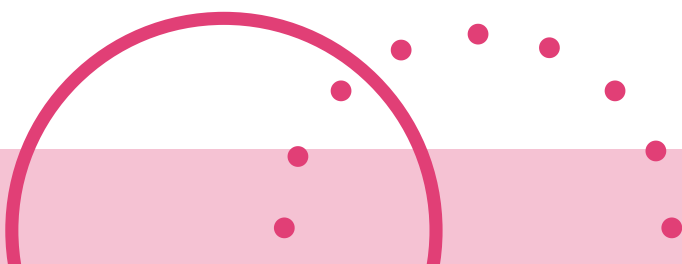


**CONSULTANCY**



**ENAGEMENT**

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# HOW IT WORKS

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1. First Two of all private health sessions are completely free
2. The next 8 bookings for all of the private health services we offer are discounted by 65%
3. The following sessions until renewal are discounted by 25%.

## Why?

The jump from completely free private health care, to full price healthcare is a scary one for many. We have ensured that we are not only under average market value, but we further discount our services so that employees on PEAP will never pay full price.

This is to ensure that our working relationships with employees have longevity. The likelihood of an employee's problem being solved within 6 sessions is very low. We want to ensure that they are with us for as long as they need us without taking the hit financially.

And thats how PEAP works!

# WHAT'S INCLUDED

## THE STRUCTURE

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### Counselling

- X2 FREE sessions
- X8 65% discounted sessions
- Unlimited 25% discounted sessions

### Physiotherapy

- X2 FREE sessions
- X8 65% discounted sessions
- Unlimited 25% discounted sessions

### Health Coaching

- X2 FREE sessions
- X8 65% discounted sessions
- Unlimited 25% discounted sessions

### Online Personal Training

- X2 FREE sessions
- X8 65% discounted sessions
- Unlimited 25% discounted sessions

### Coping and Grief Support

- X2 FREE sessions
- X8 65% discounted sessions
- Unlimited 25% discounted sessions

# WHAT'S INCLUDED

## THE STRUCTURE

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### Mental Health Coaching

- X2 FREE sessions
- X8 65% discounted sessions
- Unlimited 25% discounted sessions

### Beauty therapy

- Nails
- Makeup
- Lashes
- Aesthetics

### Crisis Support lines

- Samaritans - FREE
- National suicide prevention line - FREE
- National Debt line - FREE
- National Gambling line - FREE
- Frank - FREE
- Switchboard - FREE
- Refuge - domestic violence - FREE
- CALM - Campaign against living miserably - FREE

# KEY BENEFITS

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- Cheaper than retail private health care
- Inclusive Private health sessions nationwide
- Platinum Wellbeing app
- Physiotherapy
- Counselling
- Mental health coaching
- Crisis support lines
- Nutrition support
- Health coaching
- Personal training
- Proactive engagement
- Regular health & wellbeing assessments
- Mental health risk assessments
- Culture assessments
- Data you can rely on
- Consultancy
- Educational resources
- Workouts
- Wellbeing management tools
- A service you can rely on

We grant 100% of employees access to our services, beating the industry average of 68%.

We guarantee a booking service lead time of 7 days, beating the industry average by 7 days and the NHS national counselling average by 35 days.

# OPTIONAL UPGRADES

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## Premium Subscription - £POA

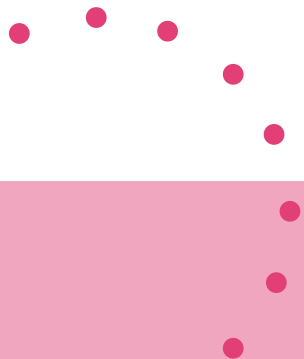
Everything that is included in the EAP plus;

- X1 training block of our 3 day wellbeing champions training which comes with an additional 6 months of mentorship.
- up to 7 members of staff can be accommodated within one training block

## Pro Subscription - £POA

Everything that is included in the EAP plus;

- X1 training block of our 3 day wellbeing champions training which comes with an additional 6 months of mentorship.
- up to 7 members of staff can be accommodated within one training block
- Relevant fit for work health surveillance for all members of staff
- X4 tier 1 Management referrals to use per annum
- Know your numbers annual health check - on site







# Our Specialists



Health Coaches

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*Nationwide*



Personal Trainers

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*Nationwide*



Mental health Specialists

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*Nationwide*



Nutritionists

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*Nationwide*



Physical health specialists

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*Nationwide*



Workplace Wellbeing Specialists

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*Nationwide*

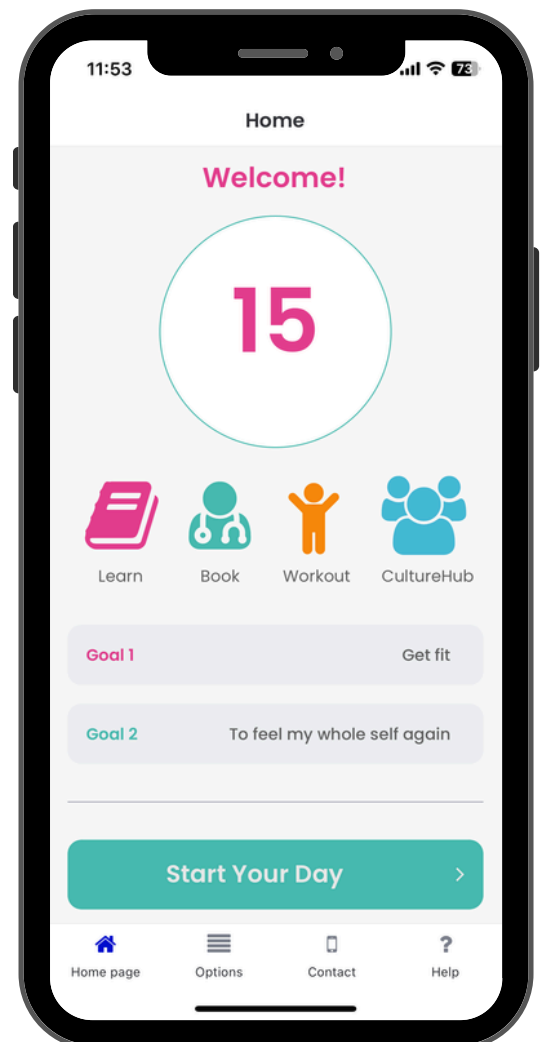


# PW

# PLATINUM WELLBEING APP

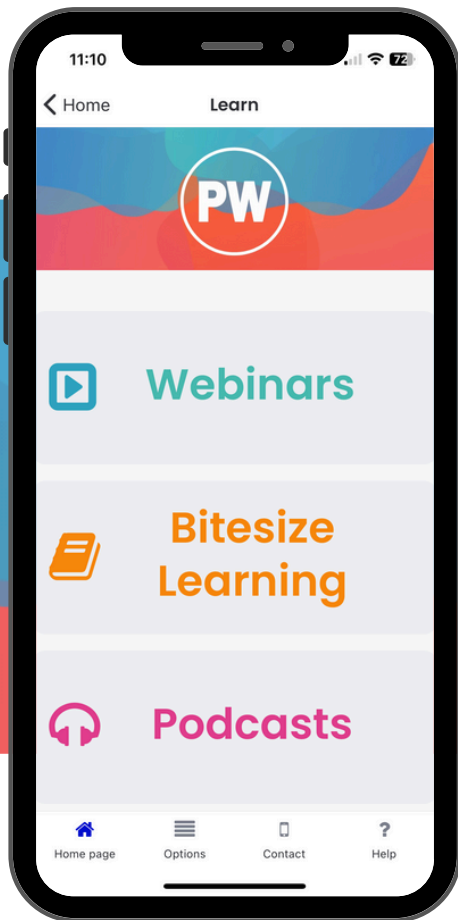
Platinum Wellbeing is the tool we use to assess employee wellbeing and culture. We use the data to provide insight for the business and opportunities for the user. The app also houses a range of health and wellbeing support features such as learning material, bookable services, workouts and more.

The app is often used in further coaching of users to help forward their health and wellbeing.

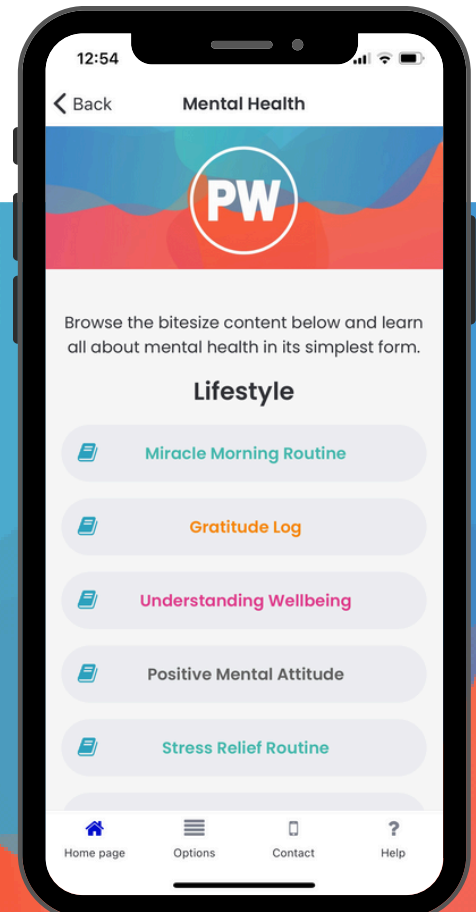
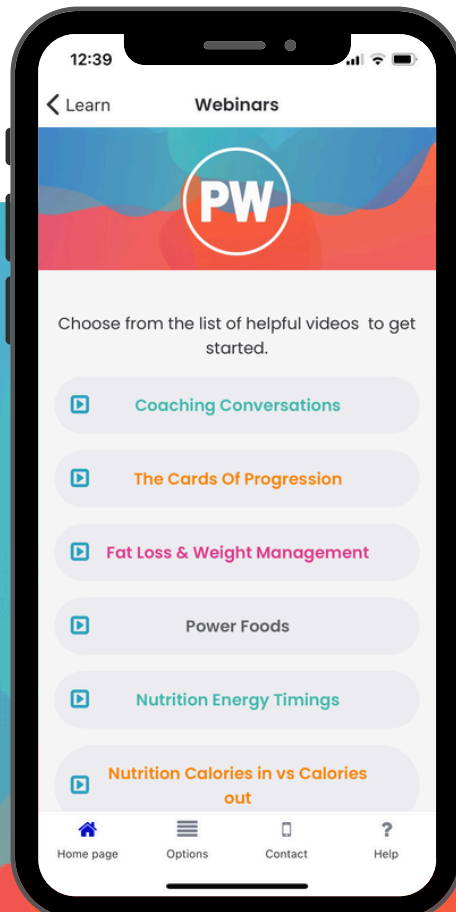
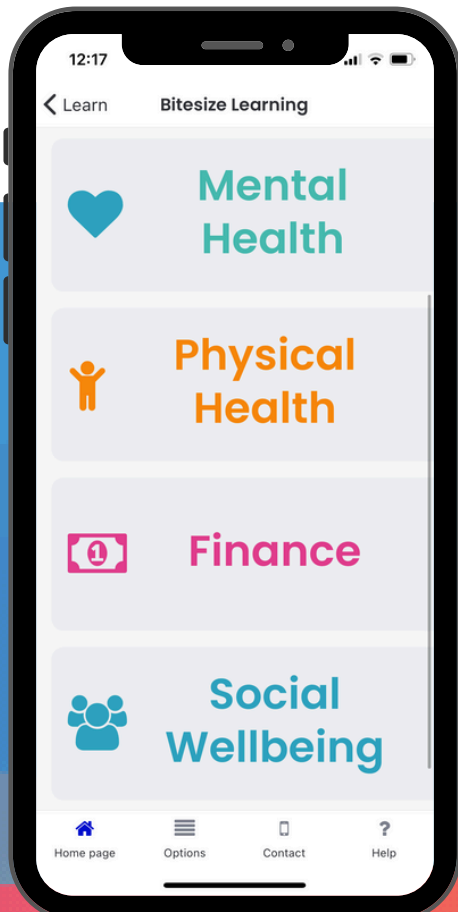


# Platinum Wellbeing

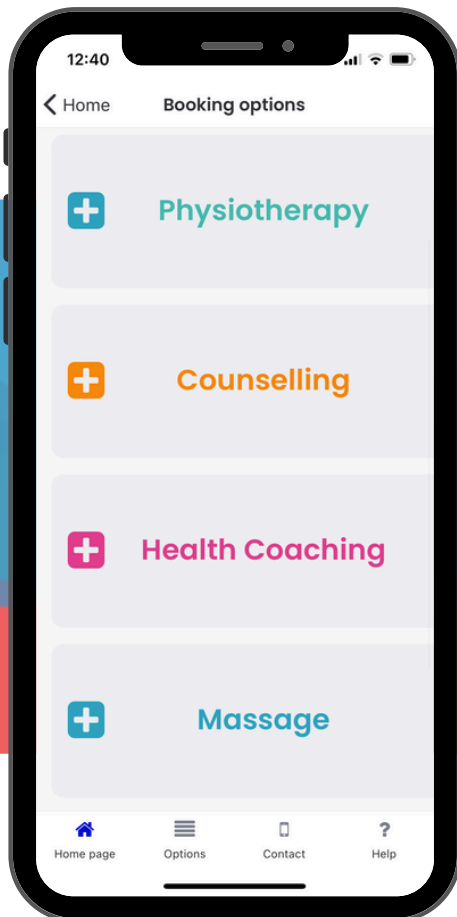
## Learn



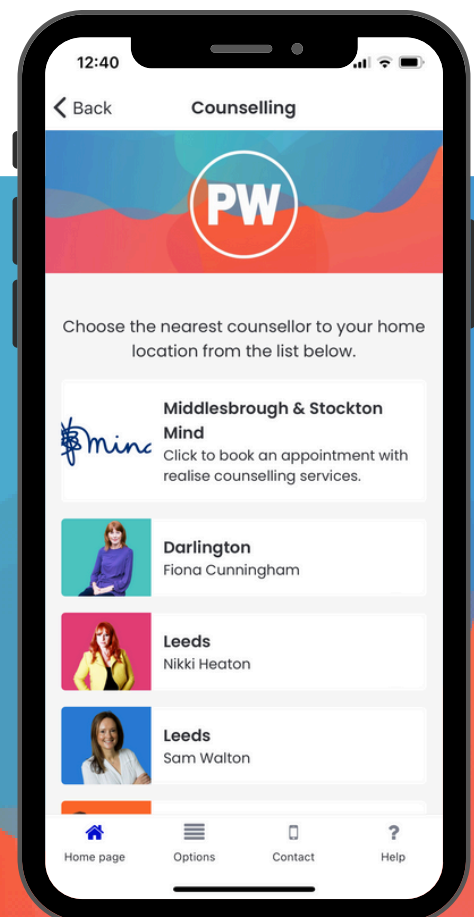
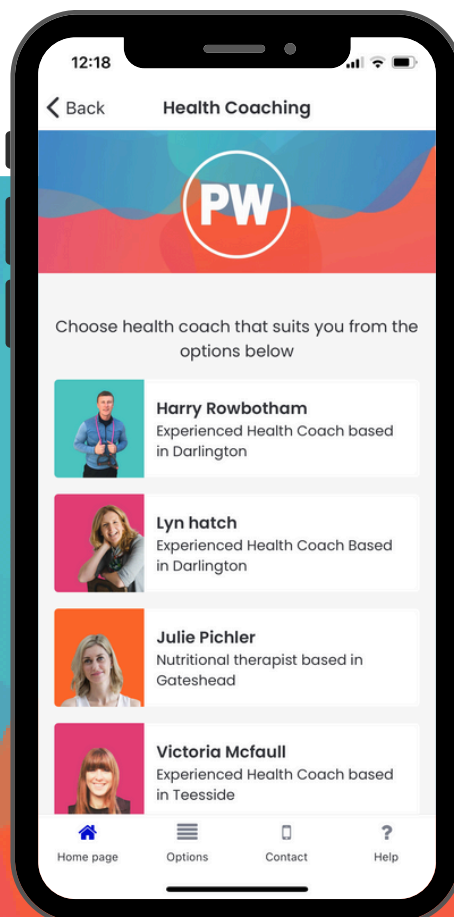
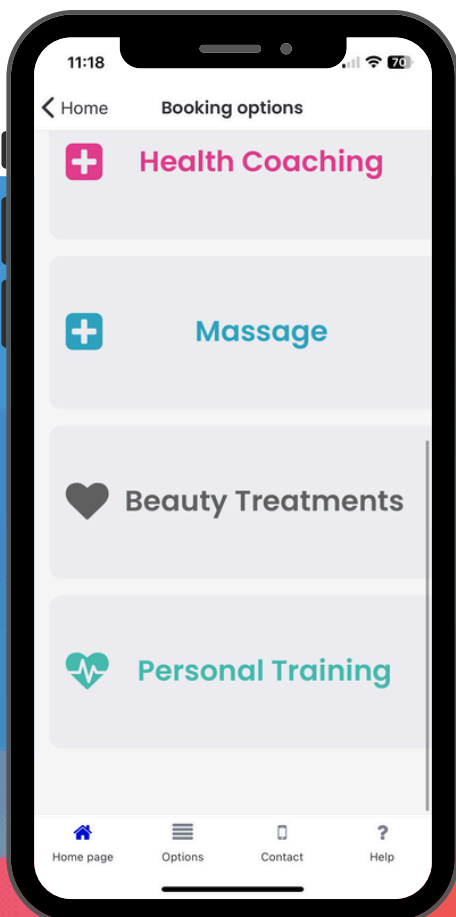
The application of knowledge is the most proactive form of health and wellbeing management. Users can learn from accredited and non-accredited courses on wellbeing at work, view webinars on physical & mental health, podcasts and engage with bitesize material which covers every pillar of wellbeing.



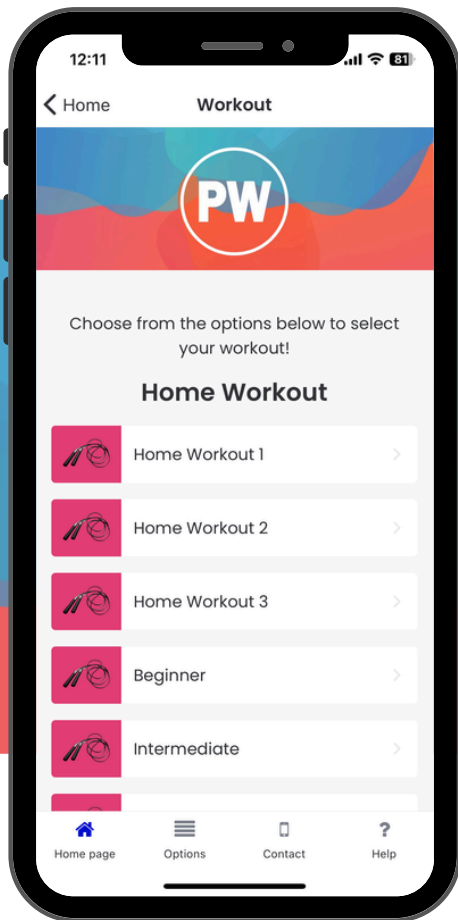
# Platinum Wellbeing Book



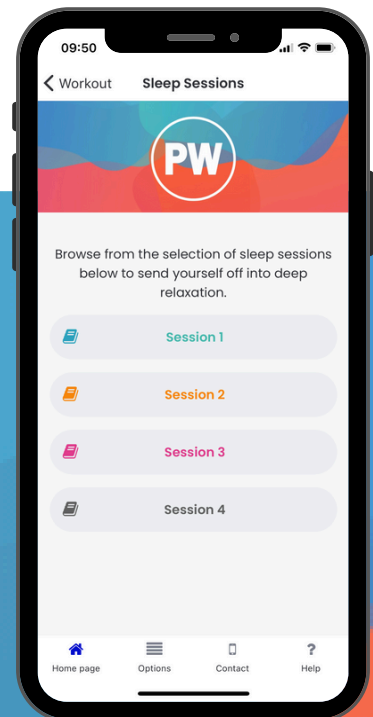
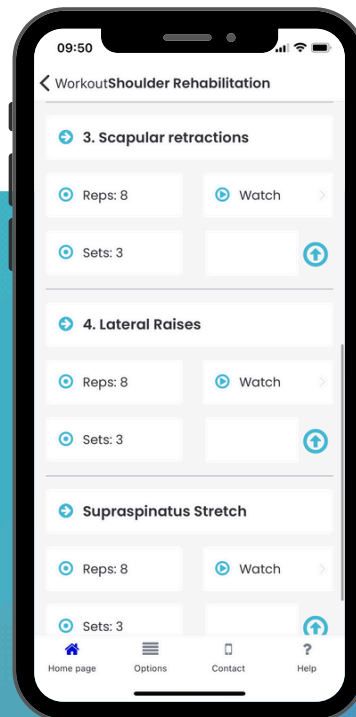
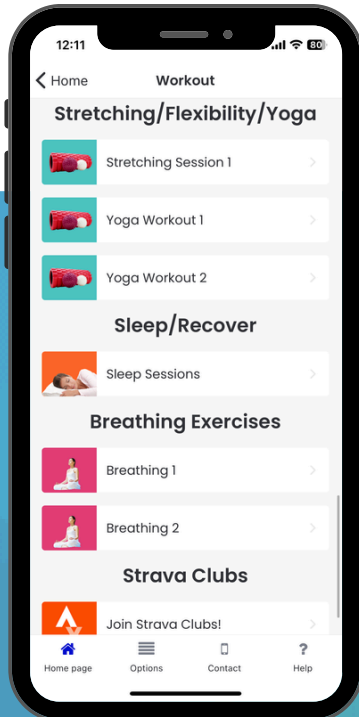
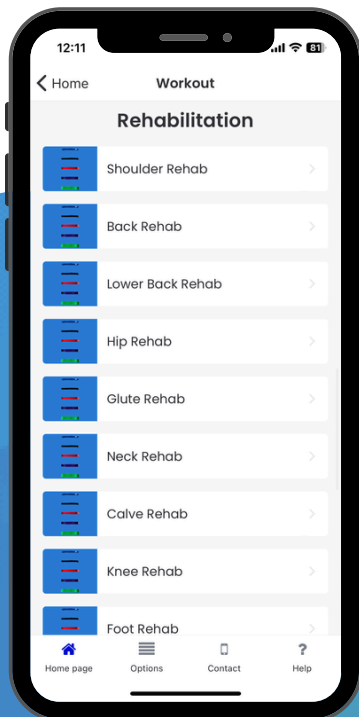
Booking appointments with physiotherapists, counsellors and other health coaches can be difficult if you don't know where to find a reliable one. Our app has a list of registered health professionals who can help you utilise your cash plan allowance and book appointments through the app.



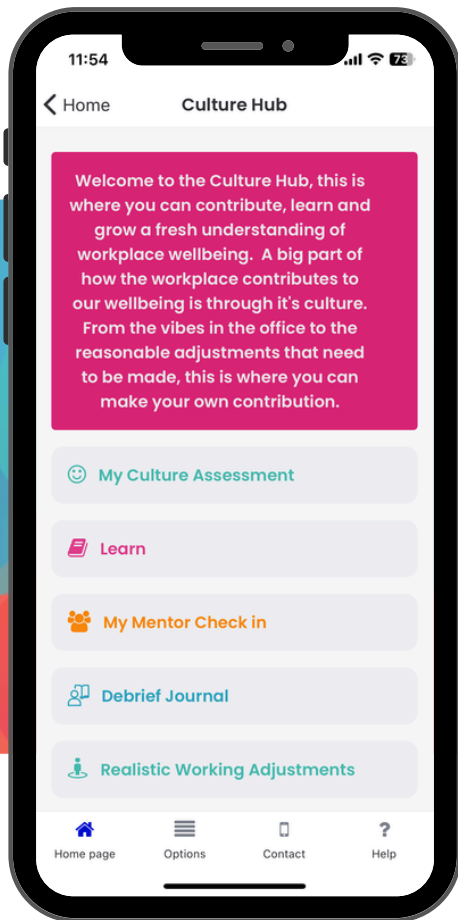
# Platinum Wellbeing Workout



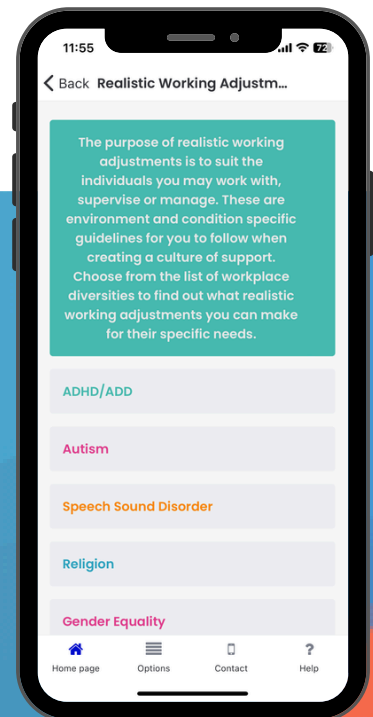
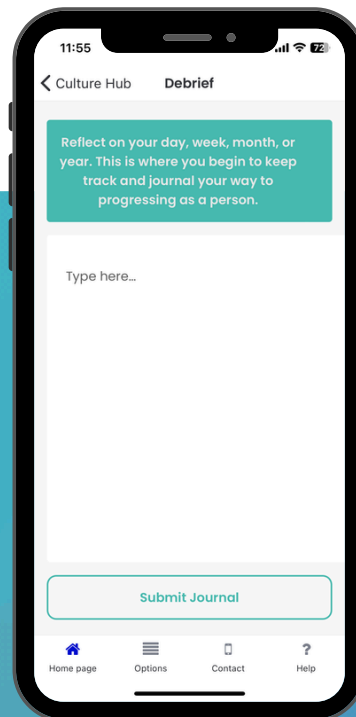
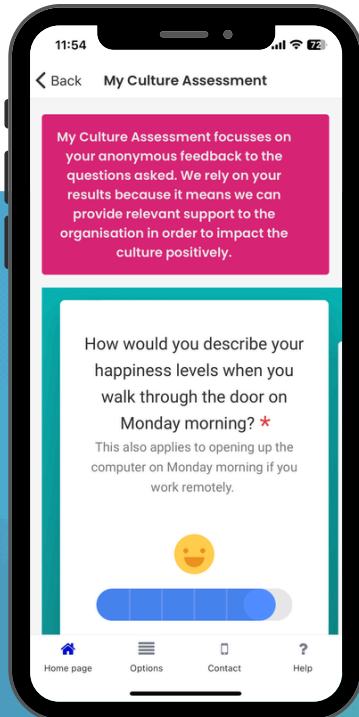
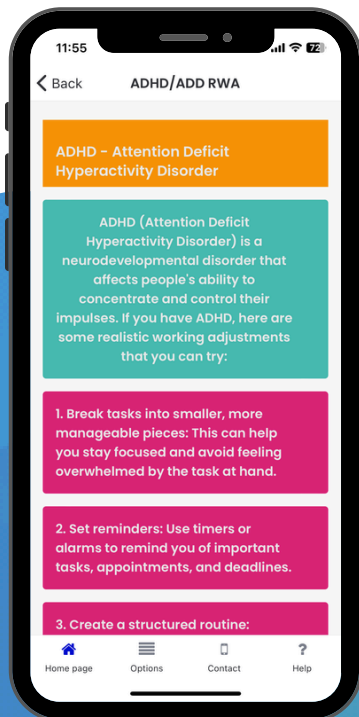
The workout section of the app hosts everything from strength training to rehabilitation programs and relaxation. You can input your weights from key lifts like squat and deadlifts so you always have a record of what you last achieved. Programs come equipped with video assistance for each exercise too.



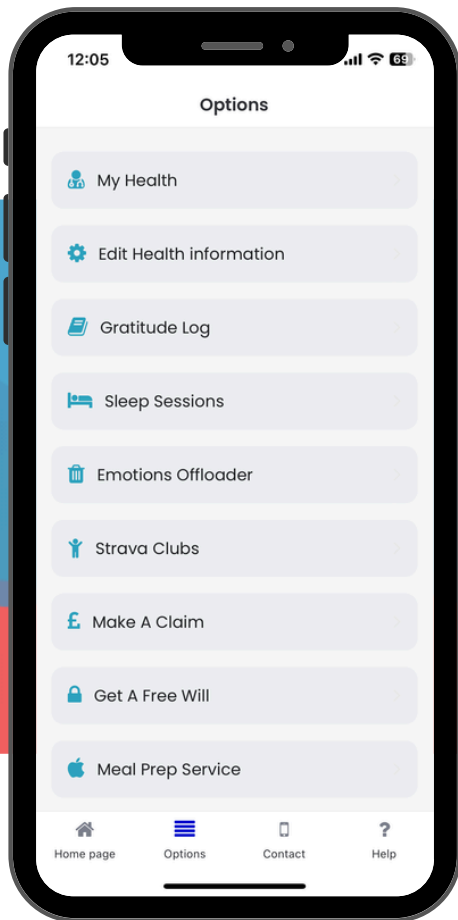
# Platinum Wellbeing CultureHub



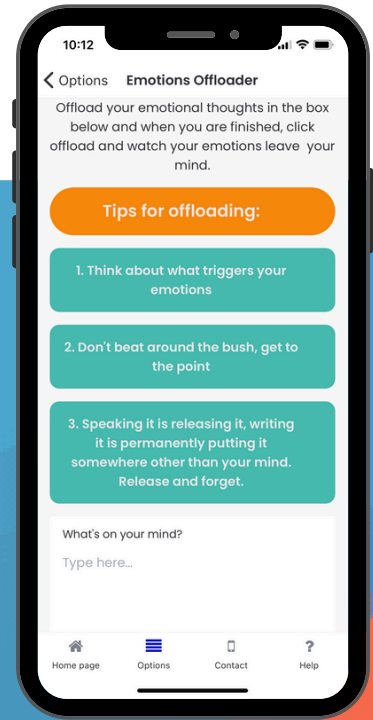
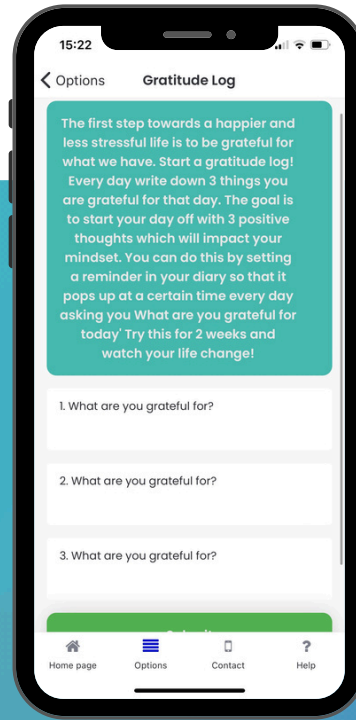
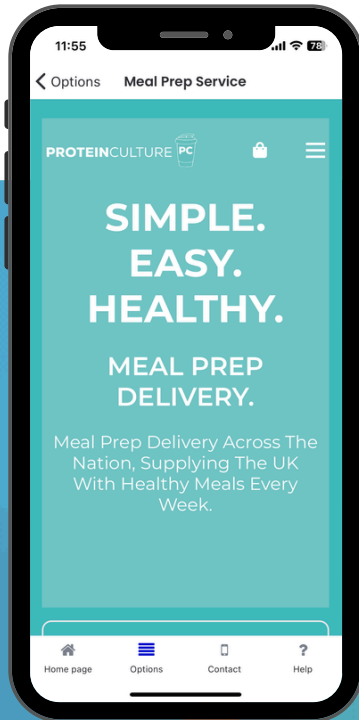
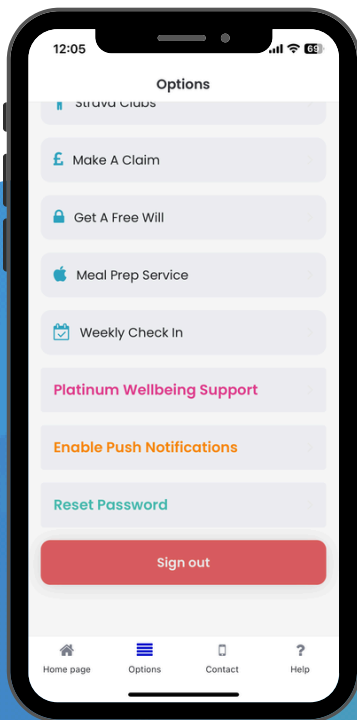
CultureHub is Platinum Wellbeing's contribution to making workplaces more open minded and knowledgeable about working with the various diversities we come across in day to day working culture. Better knowledge and understanding of these diversities will support how people feel when they walk in the door each day, creating a psychologically safer place to work.



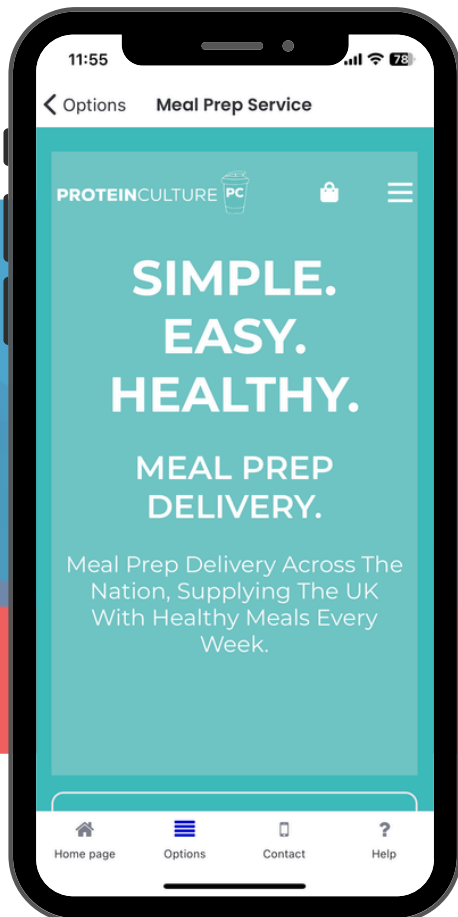
# Platinum Wellbeing Manage



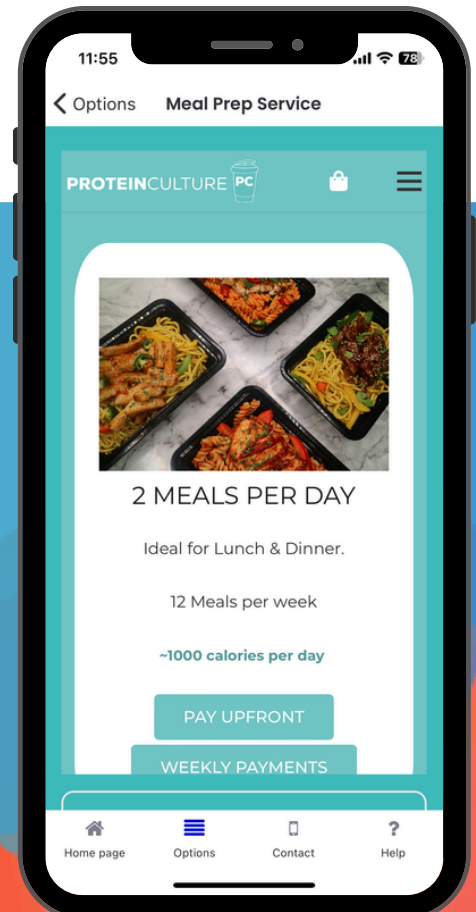
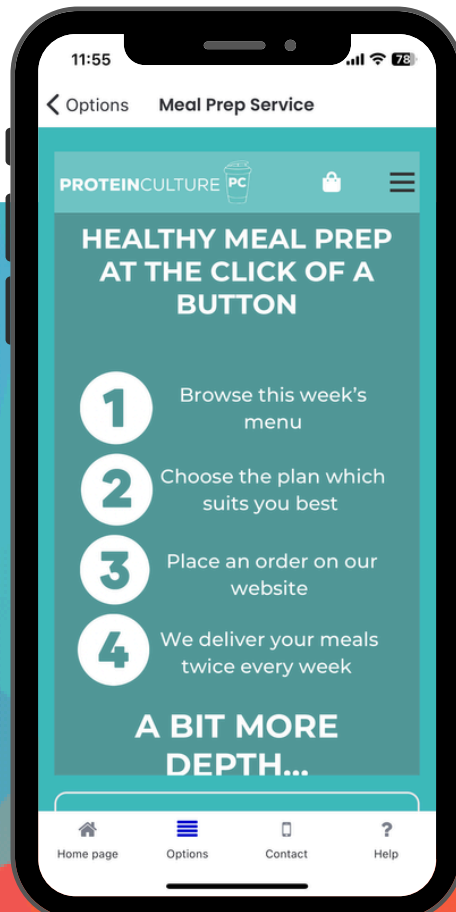
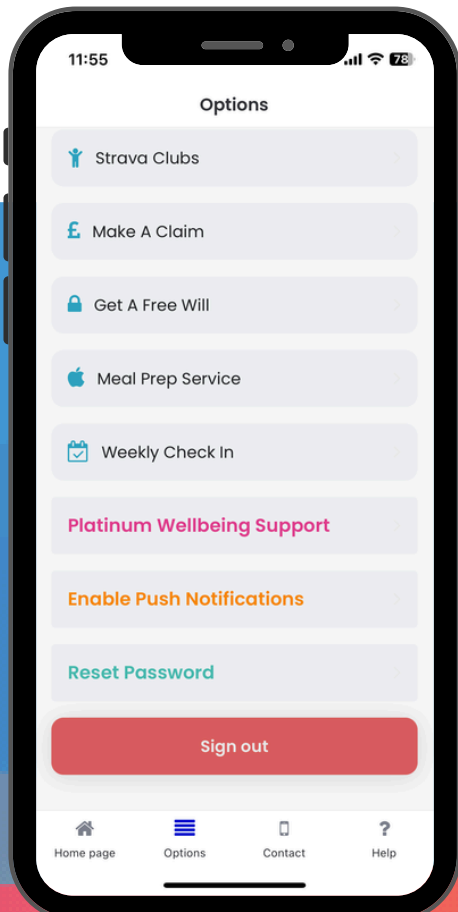
There's many ways to manage your health besides education, booking services and workouts. In the options section we have a Habit tracker, Sleep sessions, Emotions offloader, Gratitude log, weekly check in, Get a free will and strava clubs, Plus a helpful videos section where you can learn how to use the app to its fullest extent.



# Platinum Wellbeing Meals



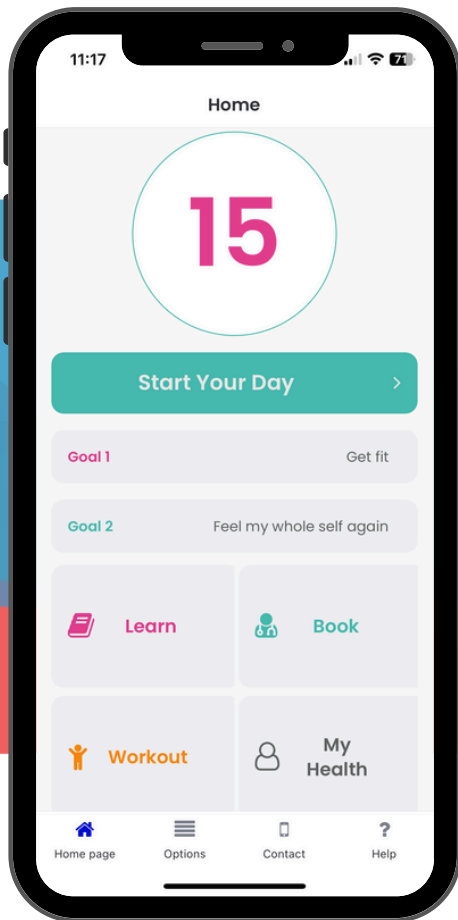
We have teamed up with a nationwide meal prep delivery service so that you can get your healthy foods delivered twice per week and save time & money in the process! The process is simple, choose what meals you want from the weekly menu and they get delivered to you twice per week as fresh as it gets!



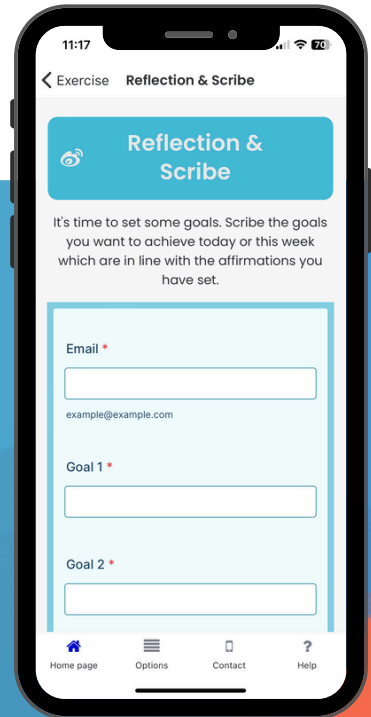
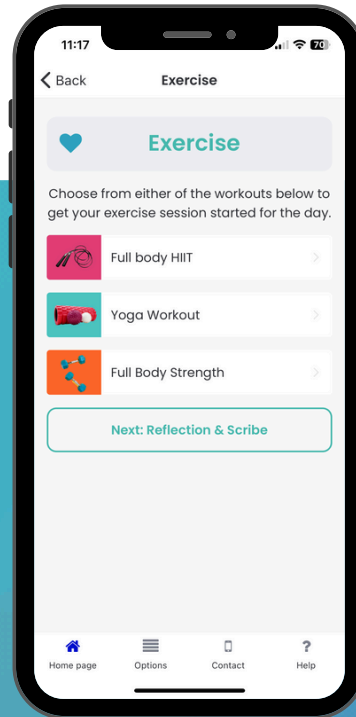
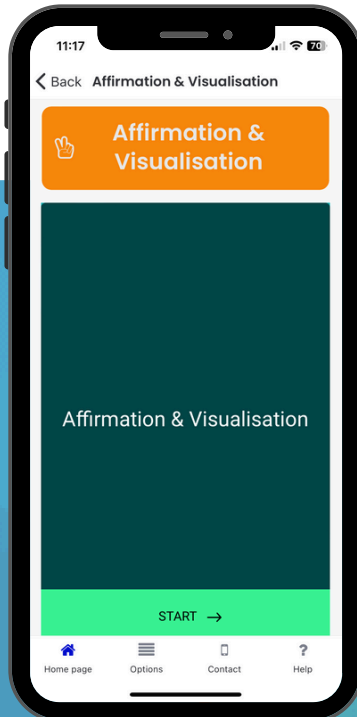
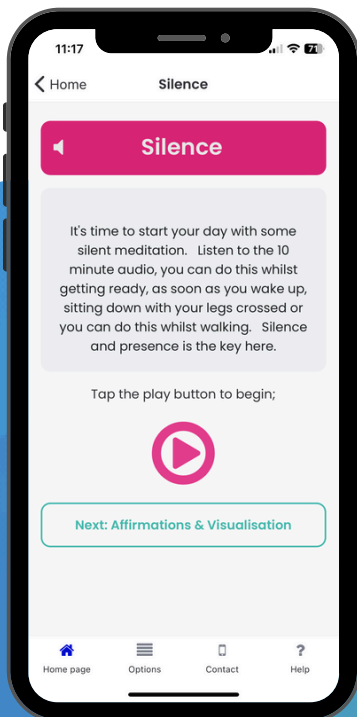


# Platinum Wellbeing

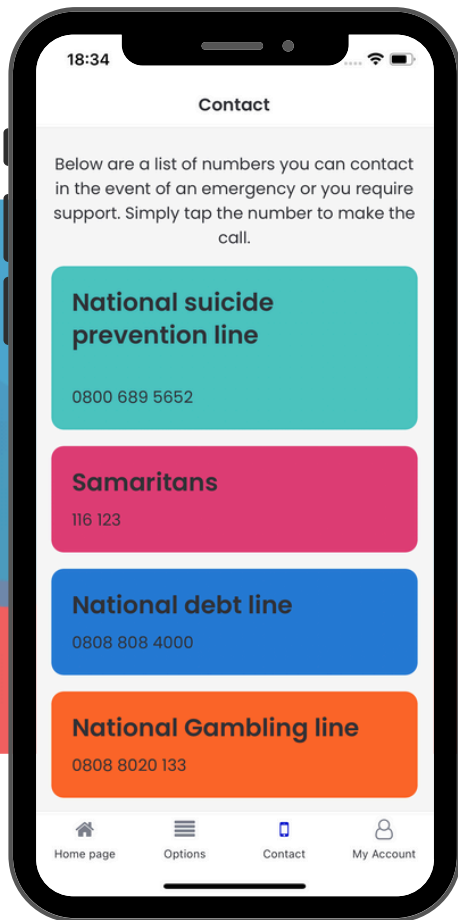
## Start Your Day



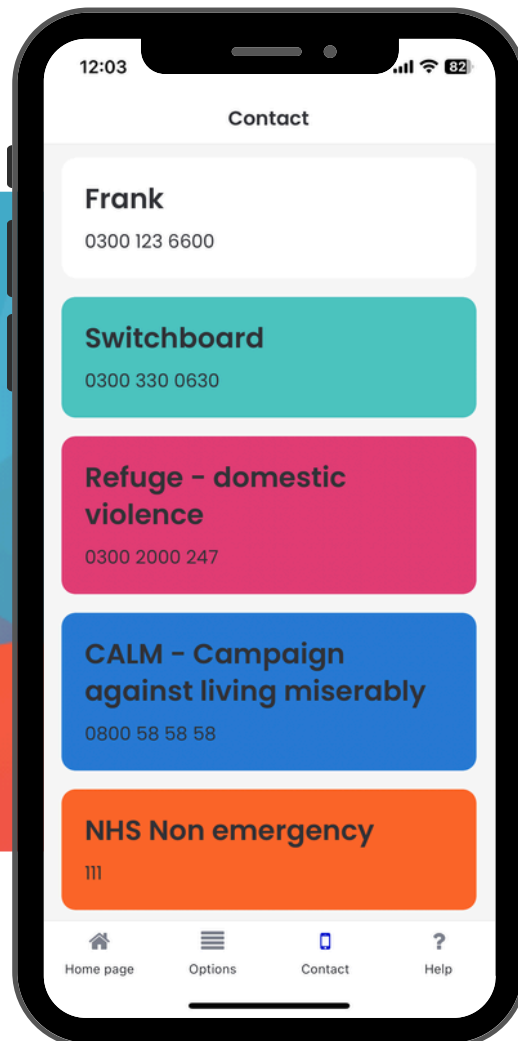
The beginning of each day is so important to your health and wellbeing. We have created the 'Start Your Day' function to help users get into the right process of beginning their day. This uses the S.A.V.E.R.S technique from the miracle morning.



# Platinum Wellbeing **Contact**

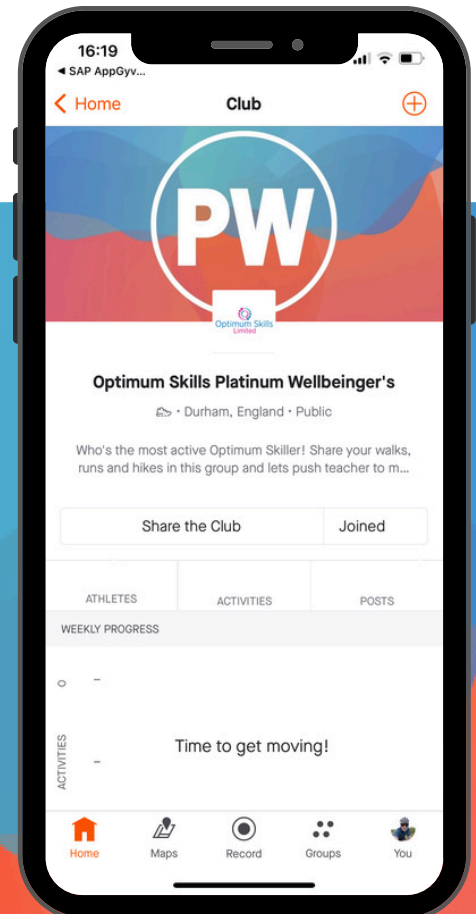
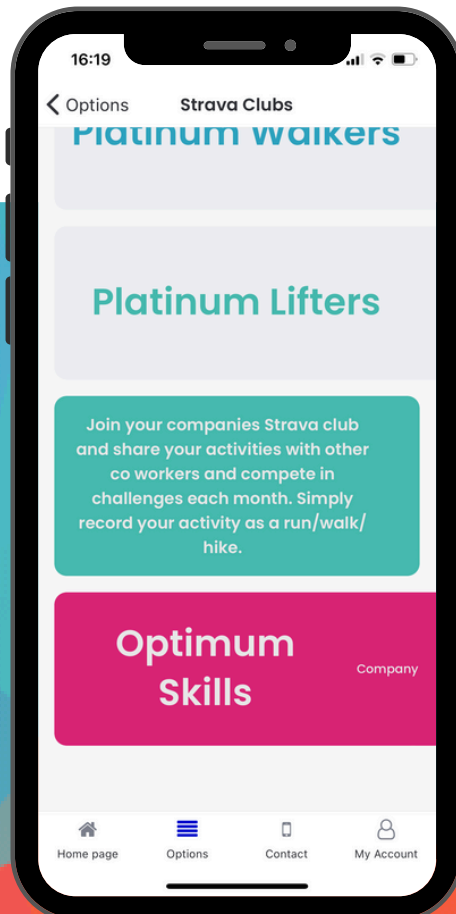
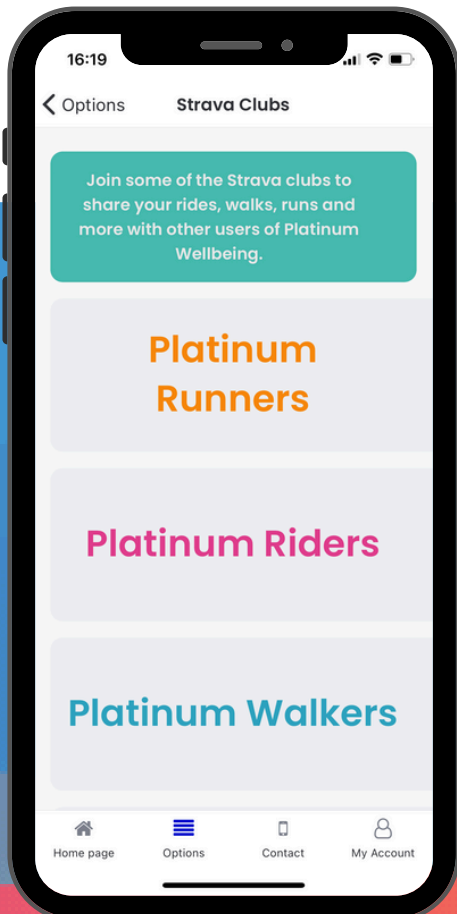
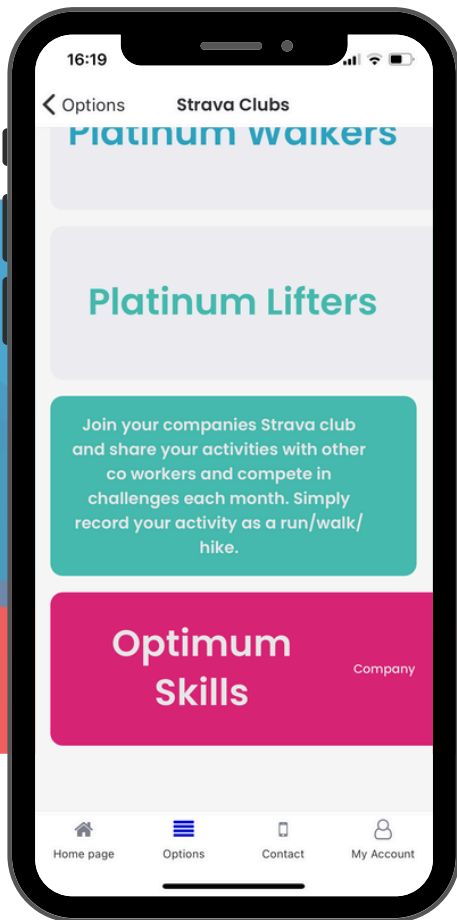


The contact page has every important helpline number you can call and text in the UK to receive immediate support. Every number is hyperlinked so all you have to do is tap and call or text. This contributes to the apps EAP capabilities.

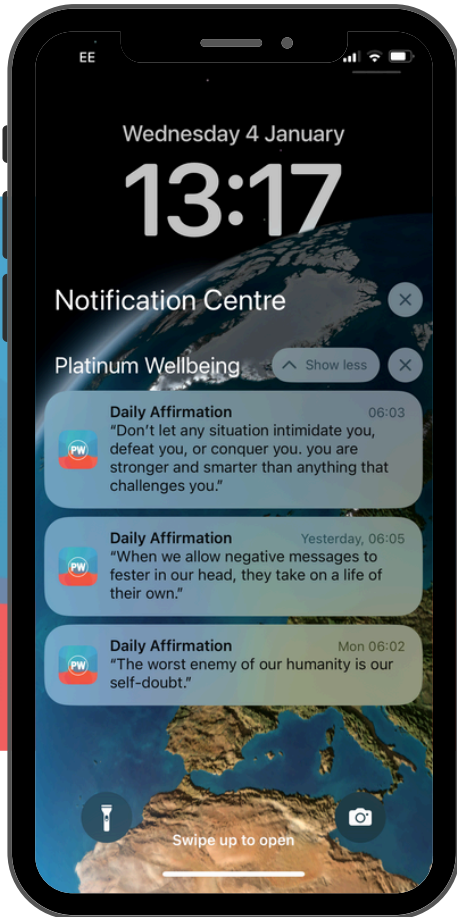


# Platinum Wellbeing Connect

Connect with other users and challenge each other on Strava clubs. We will create a club for your company and there are various clubs for different activities like; cycling, running, walking and lifting.



# Platinum Wellbeing **Connect**



The app does everything you need it to do with much more to come in updates, but people won't use it unless it's communicating with them, that's why we tailor our notifications using things like daily affirmations, questions, tips and more to engage the user to think more about how the app can help them, without us having to use human power all of the time.

## Continuous **Support**

Engagement is key to a successful app, That's why we dedicate a health professional to your business who will speak to staff on a regular basis about using the app, the features it offers and anything else they can do for them. we use a special tier system to ensure everyone gets the level of attention they need to thrive. It's this type of human engagement which sets us apart from other app providers.

*OUR  
PROMISE*



## ENGAGEMENT

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The biggest barrier to success with wellbeing at work is lack of engagement, because engagement equals participation and participation equals results.

Engagement in learning material = life long knowledge

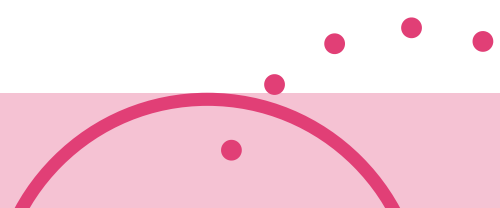
Engagement in booking services = Problems Solved

Engagement between colleagues = Better culture

And so on...

Our promise of engagement is addressed in every aspect of the PEAP, in the app its the questionnaires and daily push notifications, in the service it's being able to book it without a worry through the app and without need for authorisation from the employer, and through consultancy its our focus on creating a strong and open culture. It doesn't stop there either, we want employees to always have the reassurance that they are looked after so if we notice that they may need help with any of the tools on the app, we are on the other end of the phone proactively offering it to them.

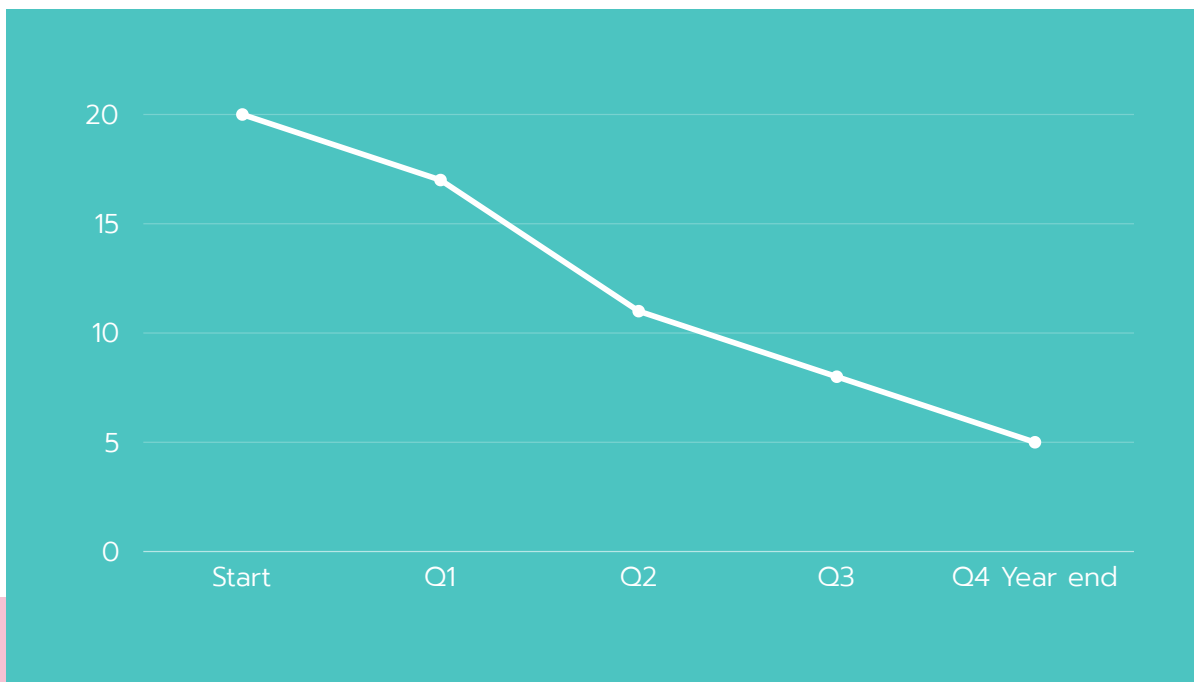
It's time to truly change the perception of workplace wellbeing and bring employee & employer closer together.





# RESULTS FOCUSSED DATA DRIVEN.

We don't just develop any old wellbeing strategy which we think fits best, we develop a personalised one. The app gathers data which we can use to develop a wellbeing strategy for your business. The business then gets a status of health score which is how we track the success of the strategy implementation.



## HOW WE TRACK

Users of the app are asked a series of questions every 3 months, the results are then compiled into numbers of health severity in the following sections; Physical, Mental, Social & financial wellbeing. This gives us the data we need in order to plot what content to push on the app, who to support with interventions and where the business can make reasonable adjustments to suit.



# LET'S WORK TOGETHER

Contact us for your quote  
[info@health-co-international.com](mailto:info@health-co-international.com)