

# HEALTH ASSURED



## Employee Assistance Programme - EAP

An EAP is an employee benefit designed to help you deal with any personal or professional problems which could be impacting on your general health and wellbeing

### Wellbeing portal:

- Wellbeing resources, helpful fitness and wellbeing advice
- Cognitive Behavioural Therapy (CBT) online including a range of self-help modules and invaluable advice videos from leading qualified counsellors

### Confidentiality

All counsellors providing services under the EAP are bound by the confidentiality provisions of the BACP Code of Ethics and Practice

### Health e-Hub

Key support features available from Health e-Hub:

- Support videos and webinars on demand
- Mini Health and Wellbeing checks
- Home life support and advice
- Work life assistance
- Physical and emotional health support
- Emotional and physical health
- Online Cognitive Behaviour Therapy
- Four-week wellbeing challenges
- Medical information and guidance

Available for download on the App store and Google play

03332508964

[www.healthassuredeap.com](http://www.healthassuredeap.com)

## Services Available

Health Assured offers cover for you and your immediate family members

### Life support

Unlimited access to support for emotional problems by structured telephone or face-to-face counselling sessions

### Legal Information

For any issues that cause anxiety or distress including debt management, lawsuits, property or neighbour legalities

### Bereavement Assistance

Offering qualified and experienced counsellors who can help with grief and related stress plus a team of legal advisors

### Medical information

Qualified nurses are on hand to offer advice and practical information on a range of medical or health related issues