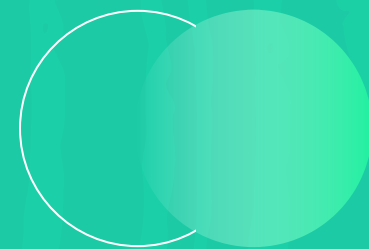


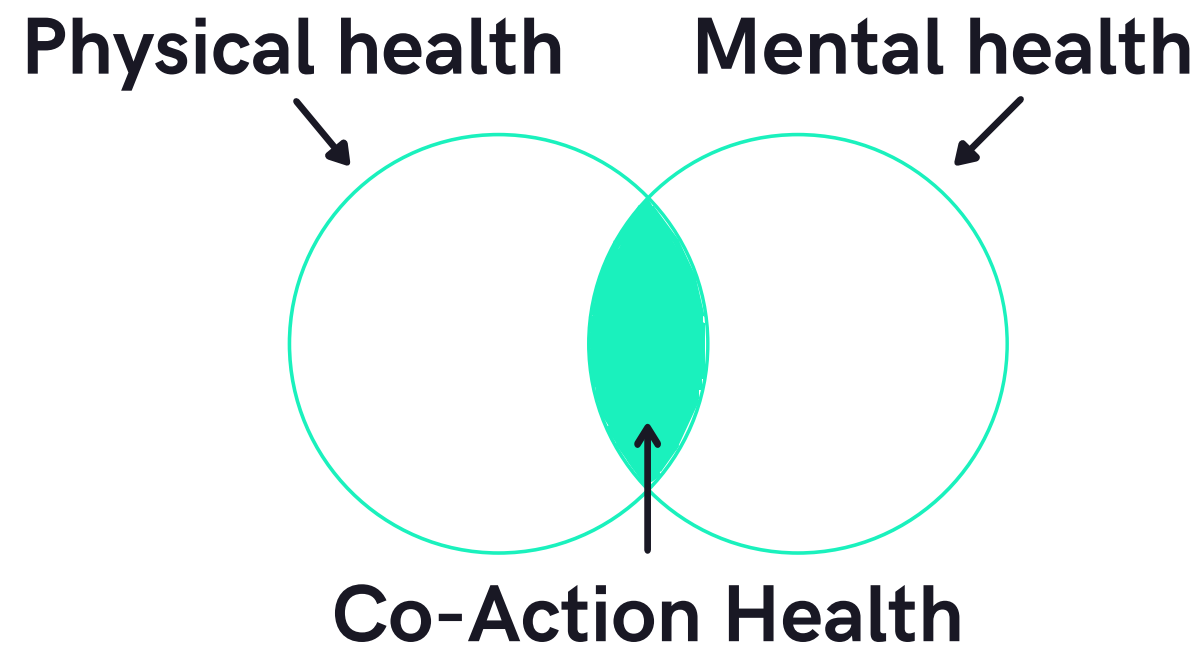
# MAKE YOUR WORKPLACE *THE PLACE TO WORK*

Service Brochure



Co-Action Health

# ABOUT US

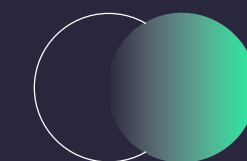


**Our mission is to bridge the gap between physical and mental health by providing integrated health and wellbeing services, promoting a happier, healthier workplace.**

Whether your business is returning to the office or continuing to work from home, we understand the associated challenges. Employees are demanding more from their employers and supporting their health and wellbeing is a fantastic way of showing your employees the support they deserve.

We offer specialist health and wellbeing services that will help you attract, nurture and retain the very best workforce that you can. All at your own convenience.

Our innovative services can assist in improving physical, mental and overall health in your workplace, reducing absence and creating a positive culture of health and wellbeing. Co-Action health are here to help you build a workplace for the future.



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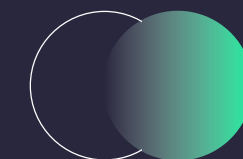
**8** Health Testing Days

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# TOTAL HEALTH AND WELLBEING DAYS

A whole day of health and wellbeing delivered at your workplace. The total health and wellbeing day provides you with a team of professionals to cover all aspects of everyday health and wellbeing. The day consists of:

## **3x 1:1 Clinics:**

- Individuals can book an appointment to see any of our health professionals for a 1:1 consultation to discuss any concerns or seek advice they may require.
- **Physiotherapy clinic**    - **Performance Psychology clinic**    - **Physical activity & Nutrition clinic**

## **Health MOTs:**

- Biometric measures and health questionnaires will assess your health to identify health risk factors or areas for improvement. A report will be made with recommendations and advice to improve on the areas identified.

## **3x Group activity classes:**

- Choose any 3 of our group classes to be run across the day by one of our qualified instructors.

## **2x Seminars/Webinars**

- Choose 2 of our seminar topics to provide the tools and knowledge to your workforce, improving their ability to take health and wellbeing into their own hands and support your workforce into the future.

**Brilliant for team building and boosting morale in the workplace.**



## **Investment**

Please enquire for pricing.



# IN-HOUSE CLINICS

Professional health clinics direct to the workplace.

## PERFORMANCE PSYCHOLOGY

Our performance psychologists are experts in increasing mental performance and combating mental illness in the workplace.

- Combat anxiety and stress
- Improve self control and management
- Improve motivation and goal setting
- Improve attention
- Improve productivity and performance

---

Full days and half days available  
Please enquire for pricing.

## PHYSIOTHERAPY

Our physiotherapists are experts in managing a range of physical health conditions in the workplace.

- Help to prevent musculoskeletal illnesses
- Reduce physical health related absenteeism
- Decrease time taken to return to work following injury
- Help to maintain a healthy and functional workforce
- Improve productivity and health-related quality of life

---

Full days and half days available  
Please enquire for pricing.

## PHYSICAL ACTIVITY & NUTRITION

Our nutritionists can provide advice about how to improve health and wellbeing through the things we eat and drink.

Our nutrition is fundamental to optimal health and provides a major influence on both our physical and mental performance.

- Improve concentration
- Improve energy
- Assist in a healthy, balanced diet.
- Provide tasty, healthy alternative examples

---

Full days and half days available  
Please enquire for pricing.







# SEMINARS AND WORKSHOPS

Our workshops and seminars aim to promote autonomy and self-management by providing your employees with the tools and information to manage their own, and others' health and wellbeing more effectively. We cover a large range of topics which are delivered in a friendly and engaging manner. Excellent for CPD or training sessions.

## **Seminars/Webinars:**

Our 60-minute seminars consist of learning through guided active and written exercises, of course accompanied by our usual engaging delivery of theory and information. We actively encourage questions and ensure that sessions are always a two-way conversation. Up to 100 participants.

### **Investment**

Please enquire for pricing – package discounts are available

## **Interactive Workshops:**

Our 90-minute workshops accommodate up to 20 attendees and combine learning through interactive activities, such as guided practical activities, group discussions and case studies to reinforce learning, ensuring participants gain numerous skills to bring back to your business. Up to 20 participants.

### **Investment**

Please enquire for pricing – package discounts are available

## **Topics:**

- Integrating Physical and Mental Health: A Biopsychosocial approach to health.
- Introduction to the mind.
- Day-to-day Mental Health.
- Managing technology and the modern world.
- Managing the internal experience: Dealing with stress and emotion.
- Burnout: Identifying, managing and preventing.
- Nutritional wellbeing.
- Supporting physical health in the workplace.
- Supporting mental health in the workplace.
- Building habits and routines for mental health.
- Adopting a healthy, active lifestyle.
- Doing what matters: Productivity and attention.
- More on request.



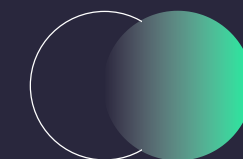
# GROUP ACTIVITY CLASSES

Whether it's an energy boost, midday stretch or relaxation you need – we have a class for it! Classes are a great way to incorporate physical activity and mental health exercises into the working day, whilst creating a great opportunity to meet other people and improve working relationships and morale. Our classes can increase energy, productivity, focus and help you to switch off at the end of your day. Classes can be run in-house or online!

- Yoga
- Guided Meditation/Mindfulness
- Workplace Wind Down
- Circuit Booster
- Stretch and Flex
- Desk workout
- Energise!
- Team HIIT
- Mind/Body Assault
- & more

## **Investment\***

30 minute group activity classes and  
45-60 minute group activity classes available  
Please enquire for pricing.





# HEALTH TESTING/MOT DAYS

Health testing and MOT days can help to identify common health and wellbeing issues within your workforce. Some industries also require annual health testing as a legal requirement.

## **Regulatory Health Testing:**

Tests such as lung function testing are required to be performed annually in certain industries under the COSHH regulations. Our health testing days consist of Lung Function Testing, Audiometry Screening, Biometric measures (Height, Weight, Blood Pressure, BMI) and physical and mental health screening questionnaires. From these tests we can advise or refer for further investigation/actions to be undertaken. Appointments last approx. 40 mins per employee. Estimated 11 appointments per day.

## **Investment\***

Health Testing Day: Please enquire for pricing.

\*Price inclusive of time taken to write individual reports and advice.

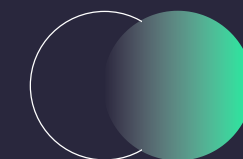
## **Health MOTs:**

Simple biometric measures are taken and health questionnaires are completed to give an overview of individuals' health. Based on their findings, individuals will be signposted to services and provided with verbal advice and information leaflets to help them improve the areas identified in the tests.

## **Investment\***

Health MOT Day: Please enquire for pricing.

\*Price inclusive of time taken to write individual reports and advice.





# WELLBEING PACKAGES

Services can be redeemed at any time within 24 months of the package being taken.

## ADAPT

### Essentials Package

- 6x Seminars
- 6x Group Activity Classes (30 min)
- 4x In-House day Clinics

Please enquire

## PERFORM

### Premium Package

- 6x Seminars
- 3x Workshops
- 12x Group Activity Classes (30 min)
- 6x In-House day Clinics
- 1x Health MOT day

Please enquire

## THRIVE

### Elite Package

- 9x Seminars
- 4x Workshops
- 24x Group Activity Classes (30 min)
- 12x In-House day Clinics
- 2x Health MOT day
- 24hr Physical Triage Service (24 months)

Please enquire



# BESPOKE SERVICES

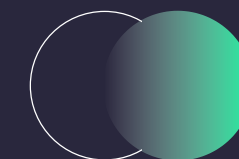
If you have a need or requirement that you don't see being fulfilled by any of our above services, we can create a bespoke package specifically tailored to your business' needs. Our packages cater for companies of all budgets and sizes.

Following consultations with you and your employees, we take the information collected to design a tailor-made programme to ensure optimal outcomes for your business.

Our programmes combine structured plans and activities specific to your business and training for employees to help them manage their own health – promoting autonomy and creating a workforce for the future. Benefits of bespoke wellbeing packages include:

- Decreased employee absenteeism
- Decreased reported stress
- Improved team morale and workplace culture
- Lower staff turnover
- Increased staff satisfaction
- Increased productivity

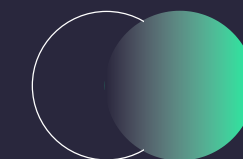
**Please enquire for a free consultation and pricing.**



# Targeted benefits:



- Improve the health and wellbeing of your workforce
- Promote a happy and healthy environment
- Improve employee wellbeing & decrease employee absenteeism
- Boost productivity, motivation & engagement
- Increase coping resources & decrease stress
- Improve creativity & fulfilment at work
- Build your workforce's knowledge and toolkit to take health and wellbeing into their own hands
- Become a conscientious employer
- Retain and attract the best talent to your company





# Get in Touch

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Co-Action Health