

Your Wellbeing Services



Home Life Support

If you're having trouble balancing your budgets, debt or even require assistance with civil disputes, we have expert advisors here to offer the support you need.



Work Life Assistance

Our work-life advice is dedicated to supporting you through professional issues, whether it be returning to work or coping with a change in structure.



Physical & Emotional Health

A little information goes a long way. That's why we have a suite of resources aimed to support you both physically and emotionally. From managing anxiety to simple breathing techniques.



Wellbeing Resources

We recognise the value of self-help tools, which is why we provide a range of wellbeing modules, fact sheets and invaluable video counselling.



4 Week Self-Help Programmes

Whatever your goals, our 4 week programmes are designed to help you through those small, but important lifestyle changes. Covering everything from sleeping better to changing habits such as smoking and alcohol consumption.



Mini Health Checks

Our Mini Health Checks are a great way for you to assess your own wellbeing. They only take a minute or two and you'll be provided with instant guidance, based on your answers.



Health Calendar

The Health Calendar raises awareness each month of different health concerns such as Heart Disease or Dementia, providing information on early detection and how to help prevent issues occurring.



Webinars

At Health Assured we have a particular focus on supporting your mental wellbeing. Our webinars provide topical information and coaching to guide and educate on a range of mental health issues.

Don't forget, you can always call our FREE 24-hour Confidential Helpline:

Download the Health e-Hub:



healthassuredeap.com

Username: Password: