



# Health and wellbeing

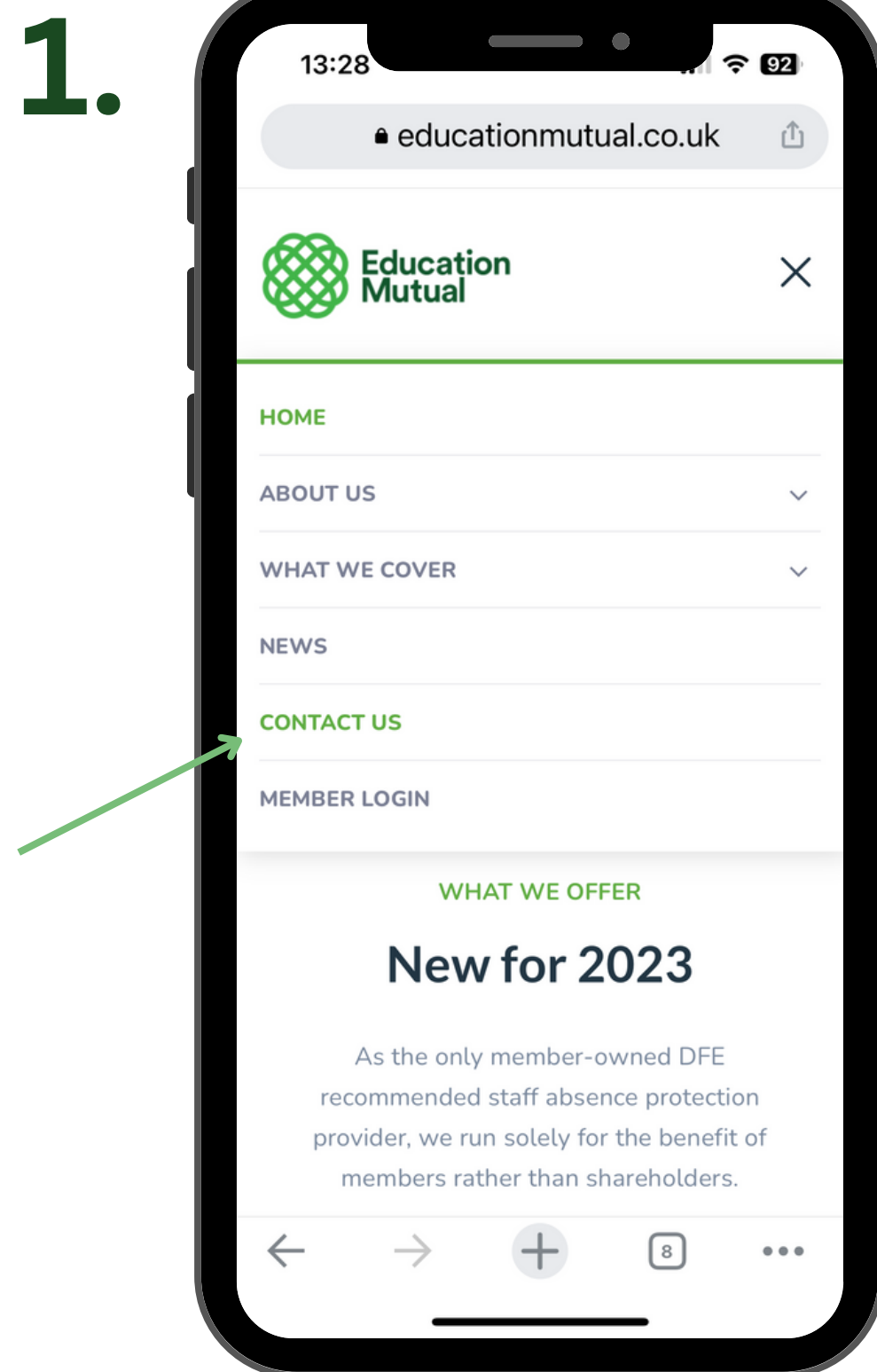
Your health is our priority



# Your health is our priority

The smart way to keep more in your school budget, along with comprehensive health and wellbeing services to prevent and reduce absences

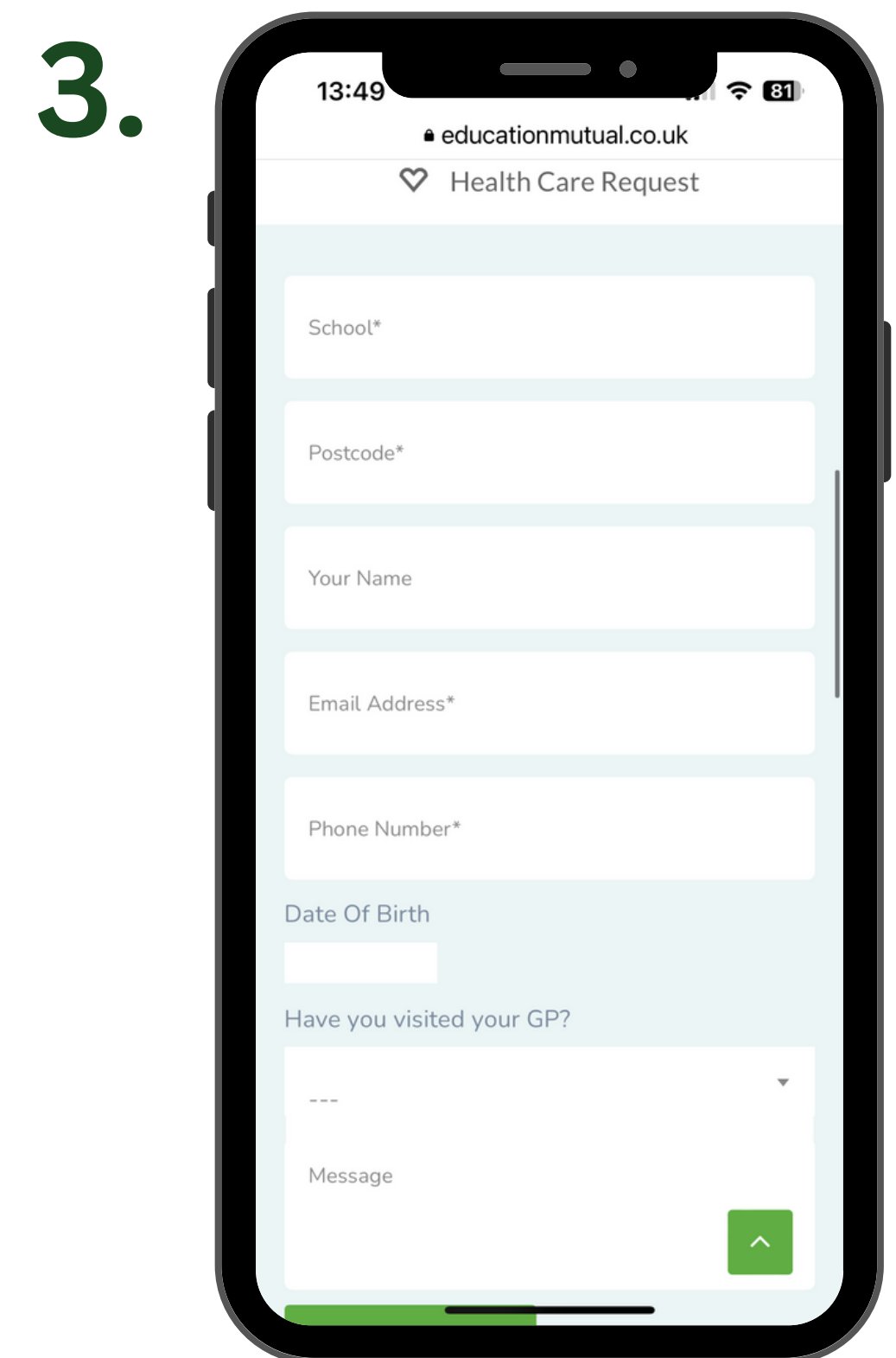
## Where to find our Healthcare Request Form:



Head to the EM website and go to the 'Contact Us' page



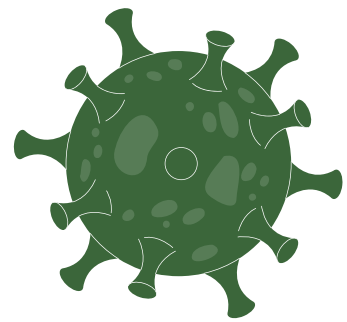
Scroll down to the bottom and click 'Health Care Request'



Fill out the form and submit!

# NEW for 2023:

A new year means new services! Take a look at what's new for our members:

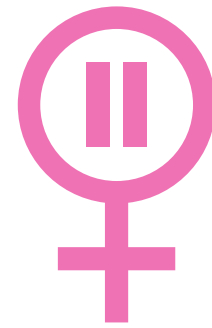


## Free Flu Jabs

---

As a continuation of our support in preventing and reducing absences, all member schools are all entitled to **FREE** Flu Vaccines

The best way to help protect yourself and others from flu is to have the flu jab every year. Over time, protection from the flu jab gradually decreases and flu strains can change, which means it's important to receive your jab annually.



## Menopause Counselling

---

Menopause can be more emotionally and physically challenging than we expect - the good news is that help is available, you don't need to navigate this time alone.

A healthcare professional will:

- Help you to manage your symptoms
- Provide that safe space to explore your own personal transition through the menopause
- Offer psychological and emotional therapy in a healthy and welcoming environment



## Financial Wellbeing Coaching

---

Finances are a big part of your employees wellbeing. This could be the year to kickstart a whole new approach towards how they manage their finances.

Our efficient coaches will share some tips and resources to:

- Access to a 24/7 digital content library of money related content
- Build a personal financial plan
- Support employees health and wellbeing to encourage talking about their money worries
- Discuss financial concerns such as pension and debt



# Mental health and wellbeing

Supporting your  
education staff

# Mental Health services:

As education staff juggle a multitude of different tasks and demands, it is important that everyone is given emotional and practical support



## Counselling

**You are not alone – it's time to talk**

Through our extensive network of quality checked and vetted clinicians, we are able to offer appointments at convenient times, dates and locations throughout the UK.

We provide the most comprehensive counselling service of seven standard sessions, with the option for an extension based on the counsellors' recommendations. Sessions can be either online or face-to-face to accommodate busy schedules and staff preferences for a comfortable and safe environment.

“

**"My counsellor was absolutely fantastic. She was a great listener and nothing was ever too much to tell her. I really cannot thank her enough"**



“

**"My counsellor was very empathetic, understanding and gave me lots of practical tips to help me to deal with my stress and anxiety moving forward"**



## Live Webinars

**Here to help – wherever you are!**



We offer online webinars for Mental Health First Aid and Stress Coaching. These run frequently throughout the year with a choice of dates and times to accommodate busy schedules.





# Mental Health First Aid

**Keep your mind healthy**

The education sector can have a detrimental effect on the wellbeing of teachers and staff. Our workshop is designed to proactively support the wellbeing of school teams to make them aware of mental health issues amongst their colleagues.

## **The workshop includes:**

- Knowing how to listen, what to say and the correct interventions to implement
- Key skills for managing mental health in the workplace
- A range of practical support and techniques
- Identifying early signs and symptoms
- Understanding the root causes
- A wellbeing resource pack



**"The workshop gave me lots of strategies to implement into my routines and day to day life, leaving me with a range of ways to handle and support my anxieties"**



## Stress Coaching



**Focusing on the mind, not just the body**

Feeling stressed is something that we all experience from time to time. Specifically for education staff, it can be a recurring problem that has a detrimental impact on their mental health and well-being. Our coaching programme provides support and guidance to balance busy work life pressures.

**Our certified coaches will work with individuals and schools of all experience levels and sizes to:**

- Refine their skills in managing stress
- Improve wellbeing levels
- Maintain a strong and positive mindset
- Create healthy lifestyle choices
- Equip them for successful and fulfilling careers

# Wellbeing resources

## Resources to help School Business Leaders and school teams stay mentally healthy

Our expert wellbeing steering group helped develop, review, and provide feedback on each guide, ensuring they are evidence-based and relevant for School Business Leaders.

### The first two resources have been laid out as easy-to-read guides:

1. Getting the right work-life balance and protecting yourself
2. Supporting each other with mental health and wellbeing

**Keep an eye out for the third guide which will only be available on the Education Mutual website!**





# Healthcare

Services to prevent and  
reduce absence in school





# Healthcare services:

All Education Mutual member schools benefit from a range of comprehensive health and wellbeing services for staff covered by the membership:



## 24/7 GP Service

Managing your health doesn't always fit into the nine to five

Our GP service gives individuals the flexibility with around the clock access to a **General Practitioner** which includes:

- Flexible phone or video consultations
- Immediate advice and support
- Private prescriptions
- Patients can arrange and authorise direct prescription medications
- Access to the UK's most comprehensive medically validated health information database, providing 24 hour access to over 1,000 topics

## Surgical Assistance Programme

It's time to cut out NHS wait times



For surgical procedures, there is often a lengthy waiting list meaning employees can remain out of work for considerable periods of time.

Our **Case Managers** help by facilitating private specialist surgical procedures, wherever possible under the same consultant, at private hospitals local to you.



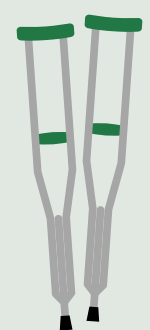
# Nurse Support Services

Here to listen, here to encourage

Our service is delivered by **experienced, registered nurses** who understand the physical, mental and emotional needs of those affected by an accident, serious illness or trauma.

**Nurses will provide help and support to people suffering from, living with , or recovering from:**

- Medical trauma, such as post-traumatic stress disorder and heart attacks
- Mental health problems such as addictions, anxiety, depression, schizophrenia, stress, and obsessive disorders
- Cardiac conditions
- Stroke
- Cancer
- Bereavement
- COVID-19
- Menopause
- Other life-limiting or life-changing conditions



## Physiotherapy

Break free from your pain

With waiting times for NHS services on the increase, there are often lengthy delays in people receiving vital treatment which in turn can prolong their absence from work.

Our nationwide network of **physiotherapists** provides timely, effective and efficient therapy for musculoskeletal problems, on a face-to-face basis at times, dates and locations convenient to your team.



"I've had an excellent service from start to finish. My physiotherapist has helped me make a lot of progress throughout our sessions together. He has been a good listener and gives me realistic goals for progress"





# Occupational Health

Introduced at the request of  
our member schools

# Occupational Health:

Introduced at the request of our member schools,  
designed to support members in complying with  
Health and Safety at Work Legislation



## Wellbeing Hub

**We can work it out**

Member schools can access advice and guidance on workplace health issues via our Wellbeing Hub.

It provides guidance and information in areas such as managing absence, presenteeism, workplace health promotions and managing return to work.



**"All questions were answered and the consultant was very understanding. Very easy and the report was sent much quicker than I expected"**



**"Super easy to access. Super helpful staff. Very quick service. Fantastic resource to access"**



## Support Line

**Let's have a chat**



We provide direct access to a support line where managers can discuss the appropriateness of a management referral, receive advice on questions to ask prior to making a referral and discuss any points raised in the final report which may require clarification.





# Occupational Health Assessments

**Helping to advise managers on employee health**

These can be requested by employers at any stage of the absence management process.

An assessment is conducted by a specialist occupational health practitioner with the opportunity for the employer to discuss any concerns prior to the assessment. The aim of the assessment is to provide advice on an employee's fitness for work and recommend reasonable adjustments.

“

**"The Occupational Health practitioner was just brilliant! He was so polite and understanding. He explained everything to me very clearly and he also listened to what I had to say which was very important to me"**



## New Employee Assessments

**Ensure your new hires are fit for work**



A new employee is requested to complete a New Employee Questionnaire (NEQ).

A Specialist Occupational Health Practitioner (SOHP) considers any underlying medical conditions and issues a fit-for-work certification. The service supports the employers' obligations under the Equality Act 2010.



## Deloitte. Legal Services

**Industry insights at an exclusive rate**

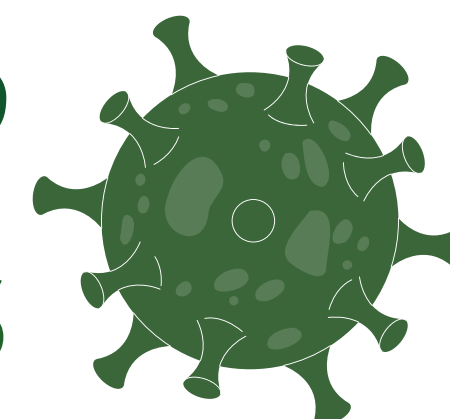
The employment team at Deloitte Legal work directly with schools to help them build strategies, manage and monitor risks and react to adverse events that schools can experience in challenging times.

We have spent over  
**£1 million**  
on  
healthcare  
services  
for our  
members



Members rate our  
**Occupational  
Health Services** +  
★★★★★

We have paid over  
**£4.3m**  
in  
**COVID-19  
claims**



## Your health is our priority



Scan this QR code to accept your  
membership today, giving your  
school team access to our  
healthcare services

### Contact us:

 **01623 287840**

 **educationmutual.co.uk**

 **learnmore@educationmutual.co.uk**

“It is  
important that  
schools support  
each other,”



**Nick Hurn OBE**  
Chairman,  
Education  
Mutual

Visit us at:



**@educationmutual**