



# 360° Health and Financial Wellbeing

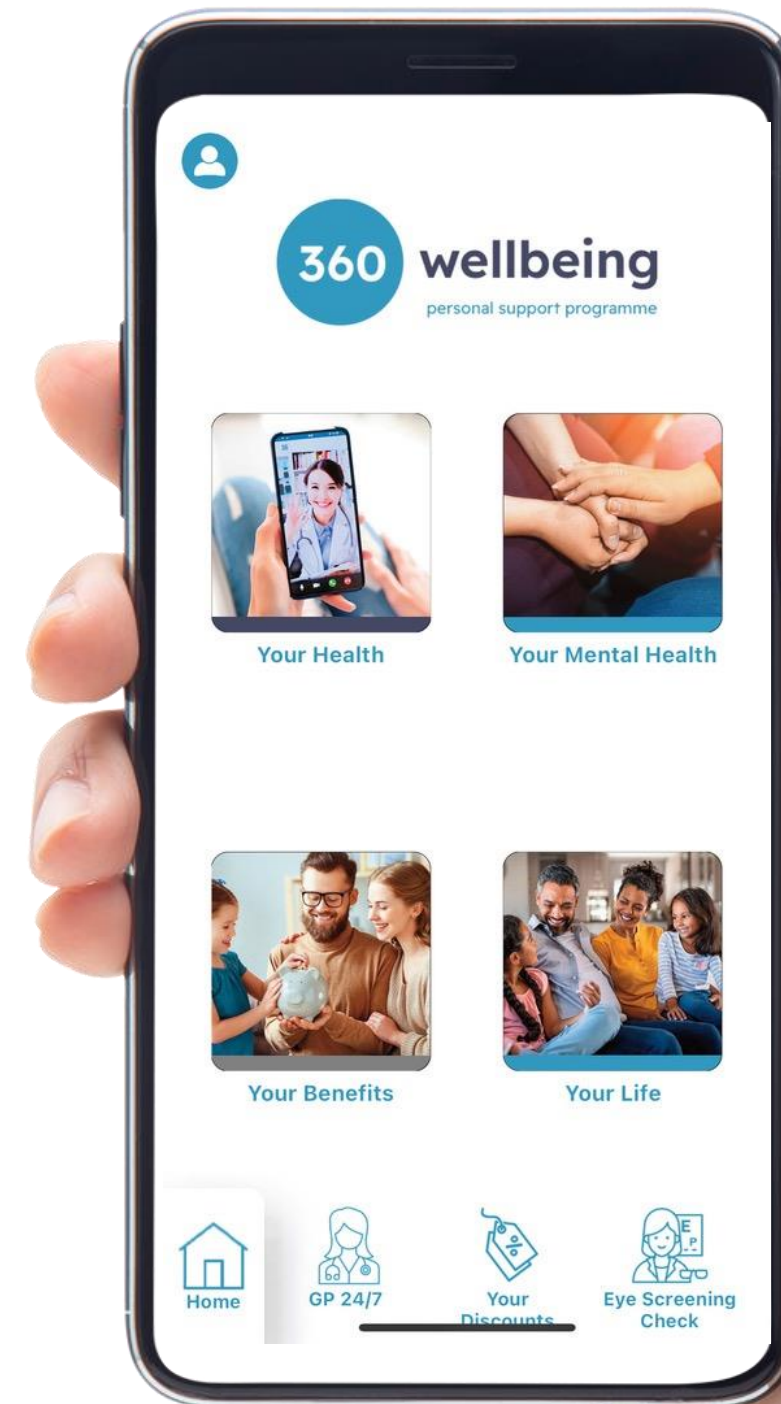
Unlock a world of benefits designed  
for employees and their families.  
From the self-employed upwards.

There's never been a  
more important time  
to look after  
employees and  
families

# Health and Wellbeing in the Palm of your Hand

The 360 Wellbeing app offers employees and their families 24/7 support for all health and wellness needs. From the self-employed upwards.

- Unlimited 24/7 On-demand GP service
- Up to 8 sessions of Mental Health therapy
- 1-2-1 Life Coaching for Employees
- Personalised Virtual Physio service
- Discount Market place - 1,000s to choose from
- Digital Gym with online classes & workouts
- Weekly Wellness Webinars



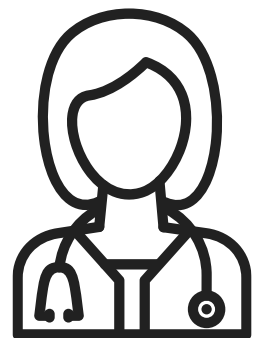
Just £3.99 per month per employee (includes immediate family)



# Upgraded for 2025, Same Incredible Value

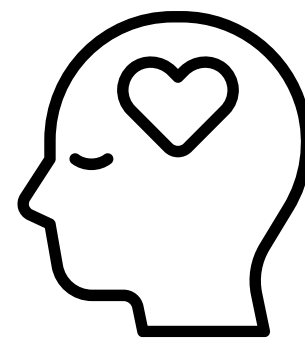
**No other Health & Wellbeing service offers this kind of value**

Rolling  
Monthly  
contract - no  
long tie-ins



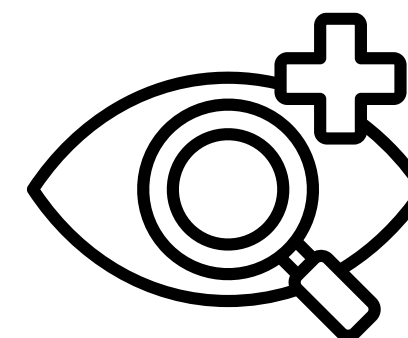
## **Your Health**

On-demand 24/7 access to a GP including text, phone and video appointments, referrals and prescriptions.



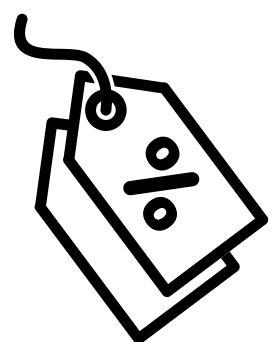
## **Mental Wellbeing**

Uncapped (up to 8 sessions) 2,000 UK BACP accredited therapists and counsellors, 365 days a year.



## **Eye Health Screening**

Test your eye health in under 7 mins (via mobile, tablet or laptop) with our online eye screening test.



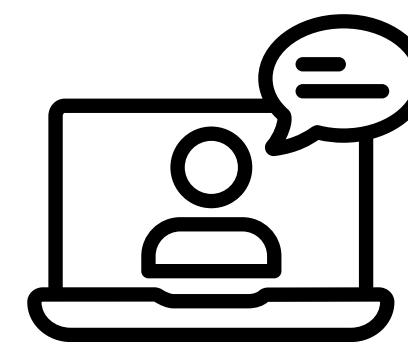
## **1,000s of Discounts each week**

So many ways to save money every week with discounts on food shopping, eating out, entertainment and motoring offers.



## **Life Coaching**

Invaluable during times of personal or professional change. Private and Confidential, a unique service with 360 Wellbeing.



## **Weekly Wellbeing Webinars**

Health and wellbeing webinars that cover every aspect of employee health and wellbeing

# 24/7 Health & Wellbeing, 365 days a year

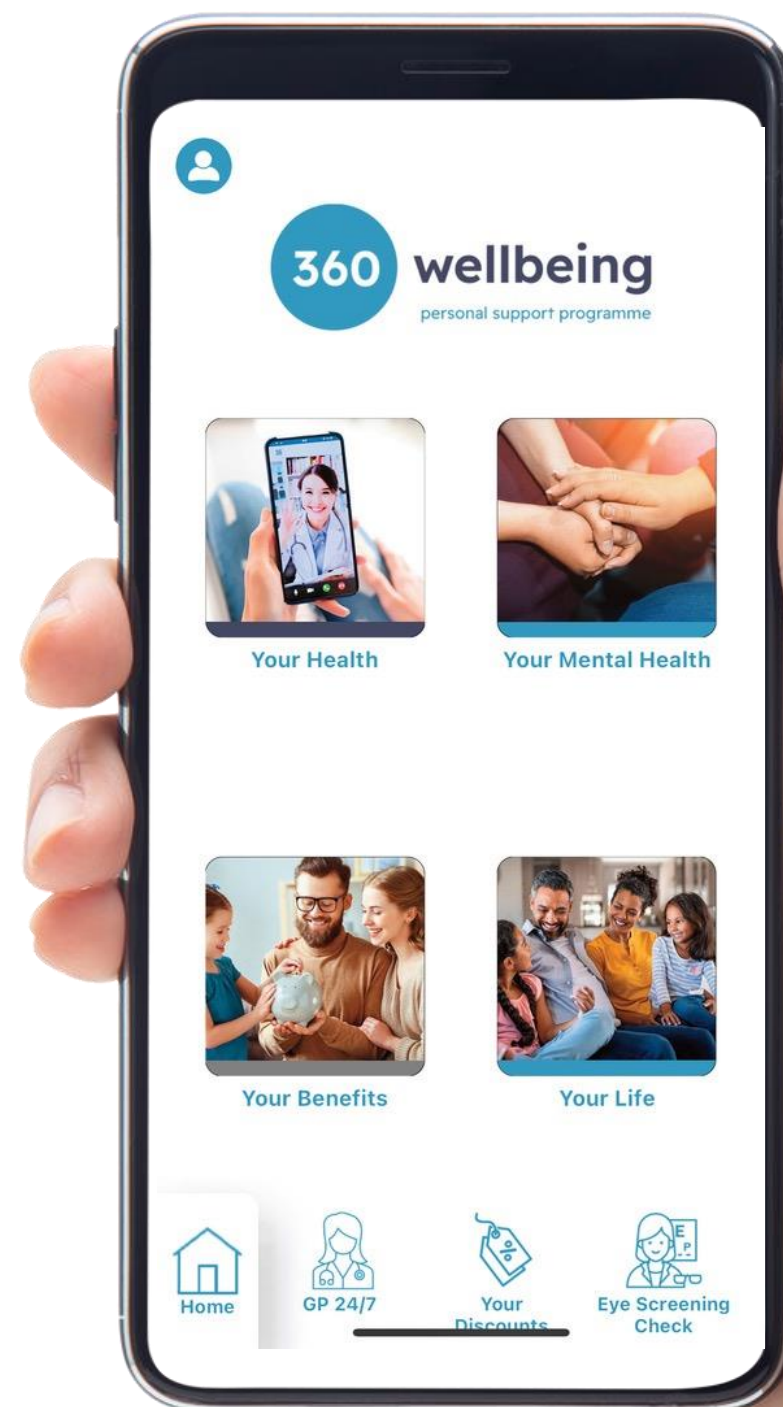


## Your Health

On-demand 24/7 access to a GP, Online Gym & Fitness Workouts, Eye Screening and Virtual Physio.

## Your Benefits

1,000s of savings for you and your family with recognised brands, fuel savings of up to 3p per litre, and gym membership offers.



## Your Mental Health

Up to 8 sessions (per condition) with BACP accredited therapists, Life Coaching, E-learning and Weekly Webinars.

## Your Life

Essential help and guidance for everyday lives, including Debt & Legal Helplines, Life Coaching and Complimentary Will Writing service.

# Your Health - On-demand GPs



Upgraded for  
2025 - now  
includes GP  
texting

## On-Demand and Unlimited access to a UK-registered GP, usually within 1-minute

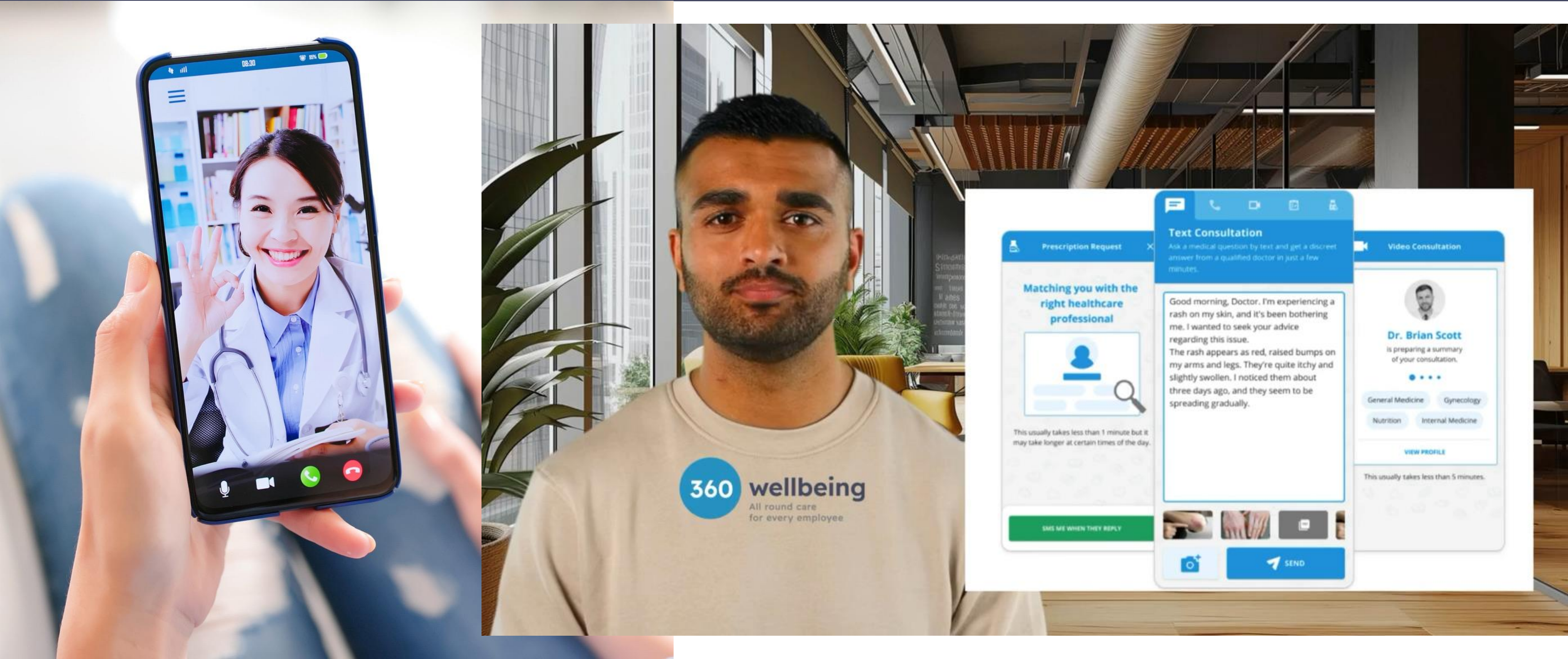
One of the most important benefits an employee and their families can have. Bridging the gap with the NHS, this new On-Demand access to a GP provides, immediate convenient care.

The 24/7 GP service offers:

- Live Chat & Text
- Video & Phone appointments
- Prescribe medication
- Initiate referrals



# Your Health - On-demand GPs





# Your Health - Digital Gym



Now includes  
On-demand  
classes &  
workouts

Our Digital Gym gives you instant access to live and on-demand fitness classes.

Find the classes and workouts that work for you with a comprehensive weekly timetable of classes and training plans:

- Energy Shift Yoga
- Pilates
- Family Fit
- Mobility & Flexibility
- Commute Meditation
- Active Agers

MON 17 MAR	TUE 18 MAR	WED 19 MAR	THU 20 MAR	FRI 21 MAR
Your commute meditation ⌚ 08:00 - 08:30	Yoga beginners ⌚ 12:00 - 12:30	Pilates beginners ⌚ 12:00 - 12:30	Gentle Morning Workout ⌚ 08:00 - 08:30	Fun Friday workout ⌚ 08:00 - 08:30
Energy Shift Yoga ⌚ 17:00 - 17:30	Yoga intermediate ⌚ 17:00 - 17:30	Mobility and Flexibility ⌚ 18:00 - 18:30	Pilates intermediate ⌚ 12:00 - 12:30	Family fit ⌚ 12:00 - 12:30
Pilates advanced ⌚ 18:00 - 18:30				Active agers ⌚ 18:00 - 18:30



# Your Health - Wellbeing Studio

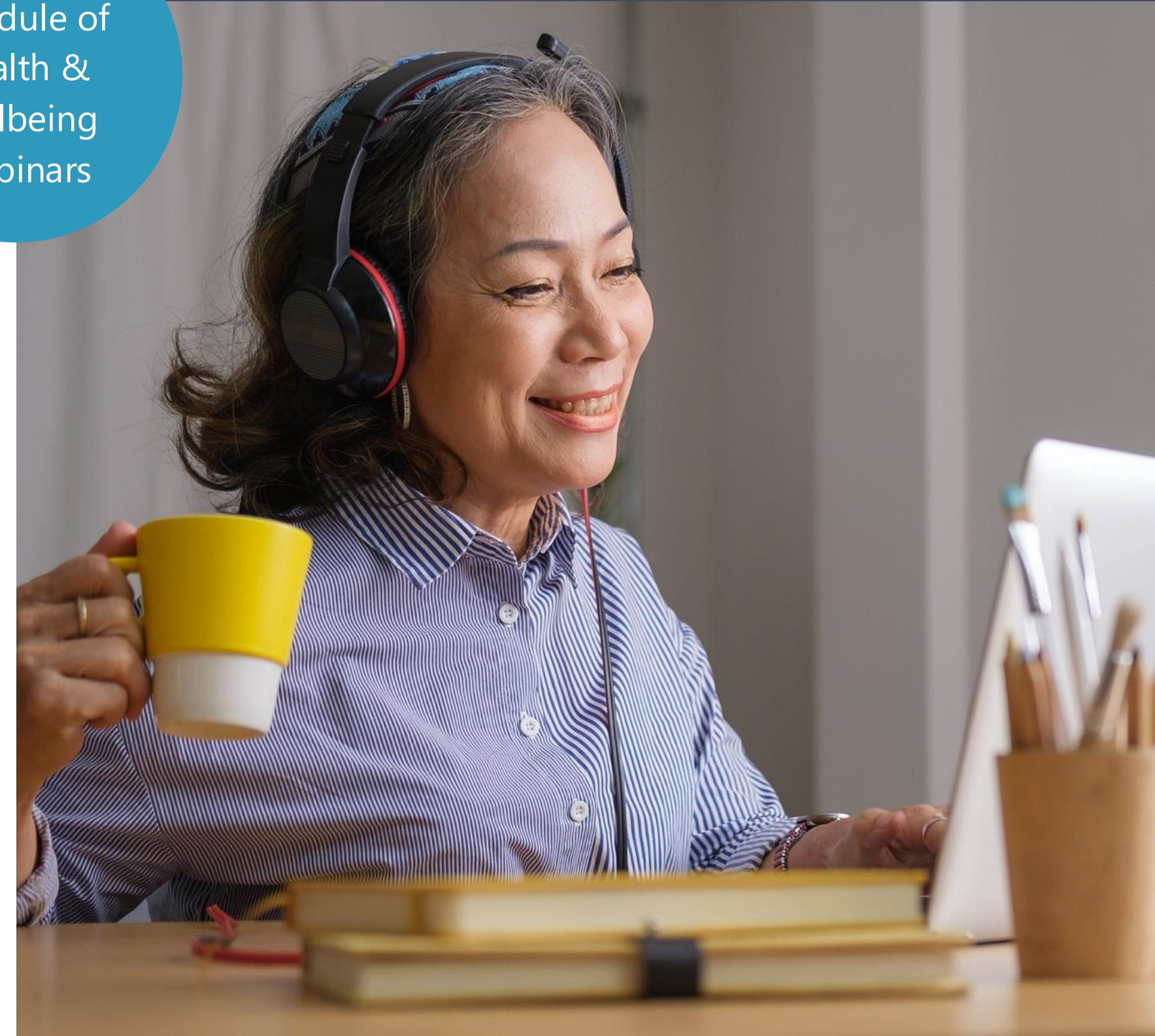


Weekly  
schedule of  
Health &  
Wellbeing  
Webinars

Live, on-demand access to the largest panel of health and wellbeing experts

Supporting your company strategy for employee wellbeing and refreshed every month, employees have access to a rich source of information, learning and webinars:

- Weekly webinars on health & wellbeing topics
- E-learning modules - improve your knowledge
- Downloadable guides - learn in your own time

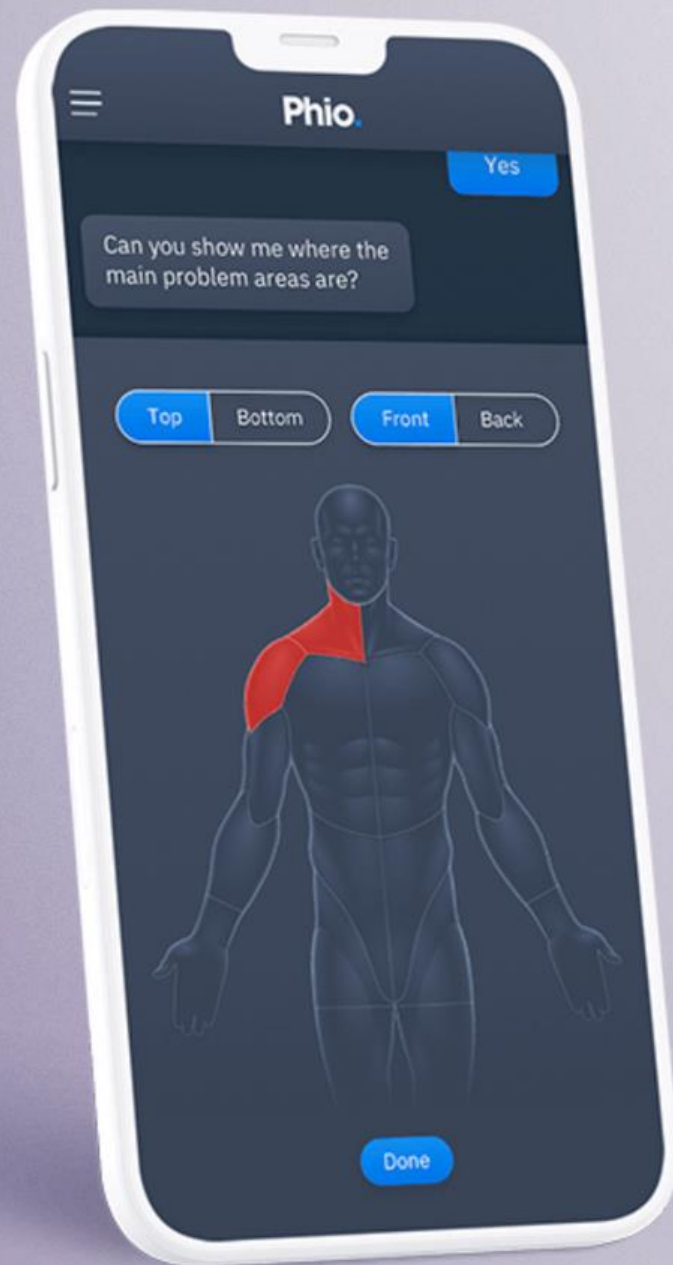




# Your Health - Online Physio



Unlimited  
access for MSK  
problems inc.  
joints and  
muscles



**Phio.**  
**Access**

Faster access to the right care.

DISCOVER ACCESS

## Say Hello to your virtual MSK Health Partner

Phio's online physiotherapy service offers you and your family:

- Unlimited, rapid clinical assessment of Muscular & Skeletal (MSK) injuries
- Personalised treatment recommendations
- Tailored self-care support

# Your Health - Eye Screening Tests



**Test your eyes in under 7 mins  
(via mobile, tablet or laptop) with  
our new online eye screening test.**

Test your overall eye health and quickly and easily:

- Check for vision or potential prescription changes
- Test for astigmatism, visual field and contrast sensitivity
- Assess your colour vision & depth perception
- Developed by optometrists for remote workers

Discover if you need to book an in-person eye with a dispensing optician.





# Your Life - Menopause Health with Online Menopause Centre (OMC)



Information and support on:

- Perimenopause
- Menopause

Quick, easy access to:

- Podcasts & Videos
- Menopause Health at Work guidance
- Support for colleagues & partners
- Free 15-min Discovery Call with a specialist

Supported  
through our  
24/7 GP service



# Your Health - Women's & Men's Health



Supported  
through our  
24/7 GP service

Information and support on:

- Women's Health inc. (Peri)menopause
- Men's Health

Quick, easy access to:

- Podcasts & Videos
- Menopause Health at Work guidance
- Support for colleagues & partners
- GP access for Qs and referrals to experts





# Your Mental Health - Support



Up to 8  
sessions per  
condition, per  
year, per  
employee

## Easy access to BACP Accredited therapists with Video, Phone and Face to Face appointments

- Confidential 24hr support line, 365 days a year
- Fully trained counsellors and therapists
- Personal and work-related issues
- Up to 8 sessions per condition presented in one year





# Your Mental Health - Career Guidance



**Supporting employees to discover the kind of work that they love and the practical steps needed to achieve it**

Our career coaches specialise in:

- Career Guidance
- Executive Coaching
- Interview preparation
- Career Planning





# Your Benefits



Discounts  
refreshed  
weekly with  
over 1,000 local  
deals

Employees and their families can now save hundreds of £ per year with top brands offering huge savings and no additional cost.

You get access to a huge range of benefits through Spectrum Life

- Save ££s with over 300 National Discount Providers
- [New for 2025](#) - Cash Back
- Gym Membership Discounts
- 3p off a litre of diesel, 2p off a litre of petrol
- 12 months free Vehicle Accident Cover





# Your Benefits - Lifestyle Savings



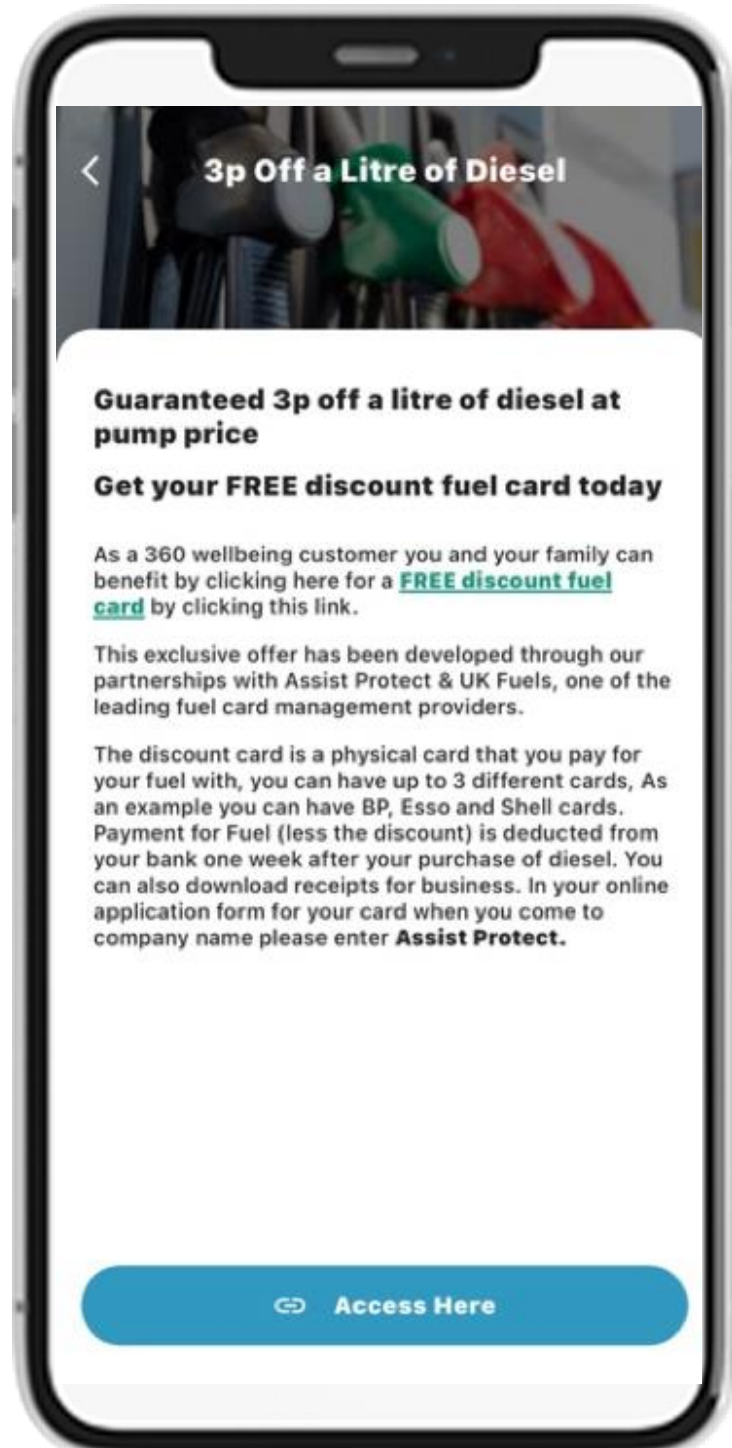
Benefits Hub gives you over 1,500 ways to save money at most major high street shops including food shopping, clothes, eating out etc.

- Offers change weekly so log-in and check out the latest savings.
- Something for everyone in the Lifestyle Savings section of the app.





# Your Benefits - Savings on Fuel



- 3p off a litre of Diesel and 2p off a litre of Petrol
- Apply for a physical Fuel Card via the app





# Your Benefits - Savings on Fuel

**360** wellbeing  
All round care  
for every employee



**360** wellbeing  
All round care  
for every employee





# Your Benefits - Vehicle Accident Cover



Assist Protect gives you a service when you have had a motoring accident, and your vehicle needs to be towed. Your vehicle will be recovered (regardless of fault) at no cost.

If your car accident wasn't your fault they will give you a hire car and look after your claim at no cost to you.

- 12 months free – no obligation to continue
- Multiple cars allowed on the policy



# Your Benefits - Gym Memberships



Save ££ with gym memberships

Your 360 Wellbeing app gives you access to over 3,300 fitness centres and clubs across the UK.

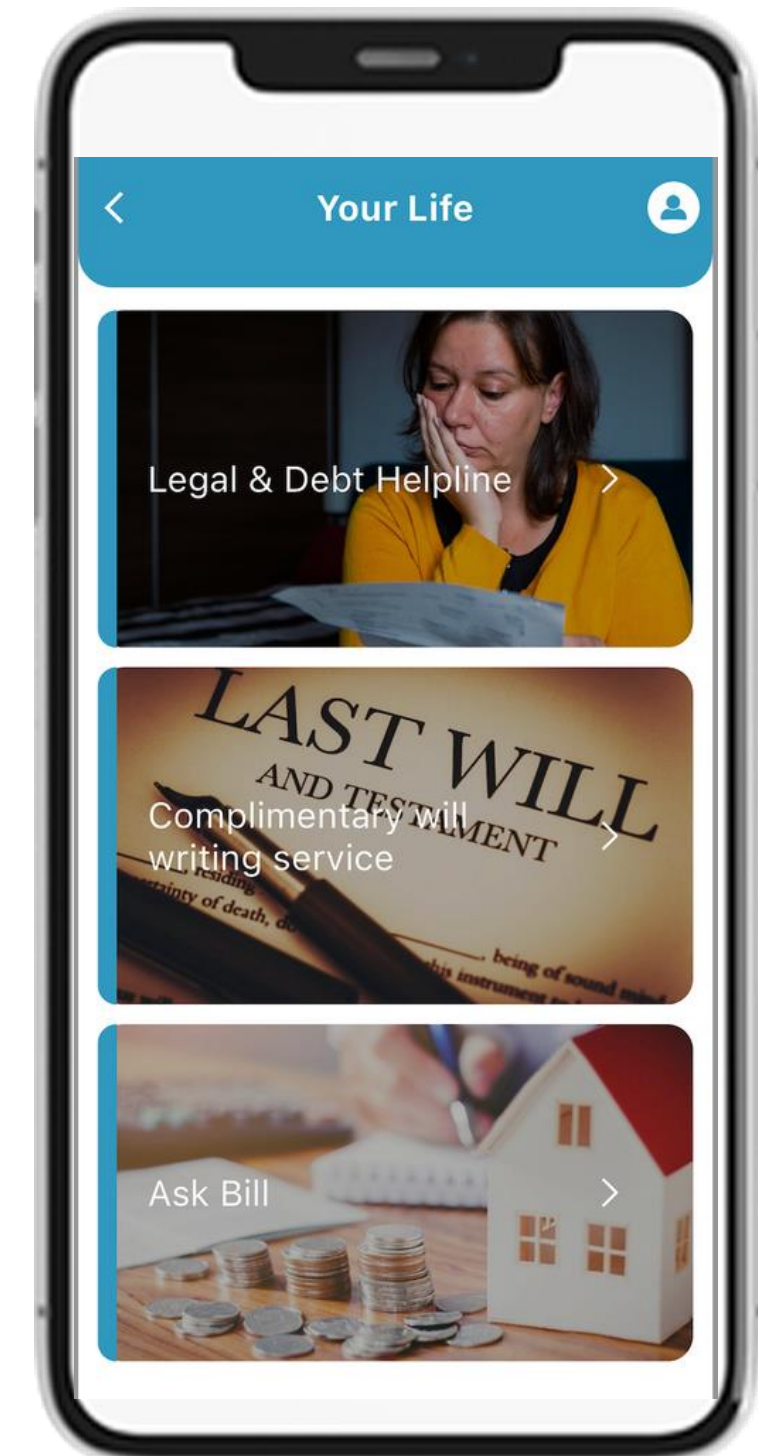
Also includes Discounts to well known fitness brands such as Peloton and Fitbit



# Your Life



- 24/7 Legal helpline for expert legal advice
- 24/7 Debt helpline with specialist advisors
- **NEW for 2025** - Unlimited Life Coaching
- Complimentary Will Writing service
- Ask Bill - money saving tips and advice



# Your Life - Will Writing Service



In today's fast-paced and uncertain world, planning for the future is more important than ever.

With this [complimentary service](#), you can now create a legally binding will from the comfort of your own home or office with one of our experienced team.



# Your Mental Health - Life Coaching



## Life Coaching helps employees take control of their lives and achieve personal goals

Not be confused with Counselling, Life Coaching can be valuable during times of personal or professional change. Private and Confidential, it is designed to promote:

- Self-awareness
- Redefine Values
- Clarify Visions
- Set goals
- Define intentions
- Enhance Life skills



# Everything your Employees need



Your Health	Your Mental Health	Your Benefits	Your Life
24/7 On-demand GP service	Mental Health Therapy - up to 8 sessions per condition	Over 1,500 ways to save with Benefits Hub	24/7 Legal Helpline
Digital Gym, Classes and Workouts	Unlimited Life Coaching	Cash Back	24/7 Debt Helpline
Online Eye Screening	Career Coaching and Guidance	Gym Membership Discounts	Complimentary Will Writing service
Unlimited Virtual Physio		3p off a Litre of Diesel, 2p off Petrol	Ask Bill - money saving tips and advice
Wellbeing Studio with Weekly Webinars		12 months FREE Vehicle Accident Cover	
Menopause Health Support			

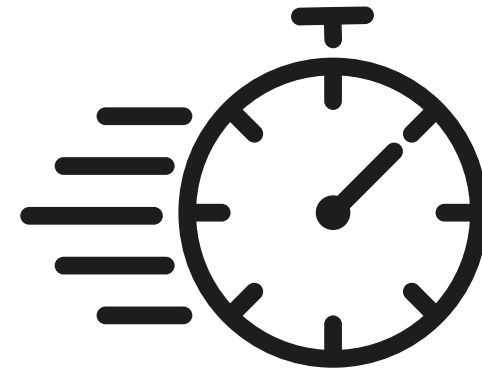


# Unique for SMEs

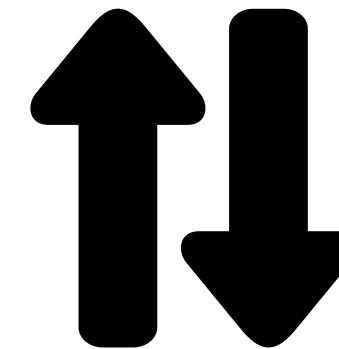
**This kind of package for SME's has never been available before**



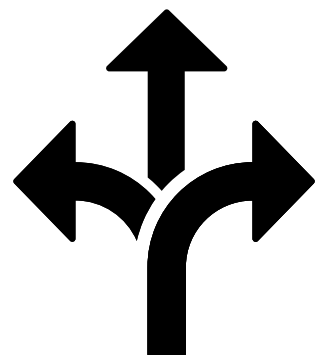
**No 3-5 year contract tie-ins**  
No long-term contracts that you can't get out of



**24/7 On-demand**  
Use the services when you need them



**We Flex with your business**  
Add and remove employees as you grow



**Flexible payment options**  
Choose to pay monthly or annually - what is best for you.



**No Minimum Employee numbers**  
Available from the self-employed upwards - we grow with you



**International**  
Available overseas for companies with international offices

# Health & Wellbeing for Everyone



**All easily accessible on an easy-to-use app and helpline.**

Speak to a GP, book an appointment with a therapist and get advice from legal and financial experts at the touch of a button.

**Download via  
the App Store**



Just £3.99 per  
month per  
employee  
(includes  
immediate family)





# Questions



**Find out more about how 360 Wellbeing can help your business and employees.**



**Kevin Hollick**  
CEO & Founder



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