

Optima Health & Wellbeing subscription



Support your workforce to thrive for only £9.95 per person, per year.

Provide your staff with professional support whenever they need it through our simple subscription service which includes our employee assistance programme (EAP) and our Workplace Wellbeing platform.

What is included in the EAP service?

Our EAP gives your staff 24/7 access to a confidential helpline supported by counsellors. This is a great employee benefit which offers professional help, whenever your staff need it.

The helpline can offer support for a range of topics across mental health, physical health,

money worries, work and home life, family and relationships, consumer and legal matters and guidance for those in caring roles. We also offer managers support with work-related scenarios.

If further intervention is needed, employees will be offered up to six counselling sessions. All information offered through the helpline is unbiased, independent and confidential.

What is the Workplace Wellbeing platform?

This platform acts as a one-stop shop to health and wellbeing resources - including contact information for the EAP helpline. It also contains a manager's toolkit with guidance for those in managerial roles.

Benefits for employees and your organisation



24/7 employee support



Help to reduce costs



Manager support



Improve employee retention



Improve sickness absence



No big contract tie-ins

Interested in finding out more?

Take the next step to optimising your workplace health and wellbeing by contacting Lyndsey Brammah at Lyndsey.Brammah@optimahealth.co.uk