



# A new way for you to look after employee wellbeing

AXA HEALTH APP

## Put your people in control of their health, with AXA Health by your side

We know how important it is for your whole workforce to be fit, well and inspired to stay healthy. And the challenges businesses face getting it right. That's why we've created the new AXA Health app to support you.

The AXA Health app puts a little bit of 'feelgood' motivation at your employees' fingertips. Helping them take small steps to improve their lifestyles and become the best they can be – whatever that means to them.

Created with clinical experts and behavioural scientists, our new app brings together assessments, coaching programmes, line-manager support, inspiring content, services and more to put your employees in control of their health and achieve real change.

## Build healthy habits step by step

The AXA Health app uses insight to help your employees make healthy changes for good.



### 1. Insight to shape their journey

Their first step is to take one of the app's detailed assessments for a clear picture of their health, both in mind and body.



### 2. Easy to follow

A simple scoring method shows them where they can improve. The app then tailors support and guidance around their needs.



### 3. Small steps lead to big changes

Easy-to-follow coaching programmes help them move more, stay calmer and happier, improve their sleep or work well from home. By taking small steps, setting achievable goals and tracking progress, they'll be motivated to stay on the road to better health.



### 4. Connected support for everyone

Anytime they want they can browse expert-curated content and find signposting to other AXA Health services you have in place, like the AXA Health Employee Assistance Programme, Thrive: Mental Wellbeing app or AXA Doctor at Hand. They are also signposted to where they can sign into their AXA Health membership site to make claims and check their cover.



# Simple, straightforward health and wellbeing support for your whole workforce<sup>1</sup>

Whether they're working from home or supporting their team onsite, with the AXA Health app your employees can enjoy easy access to support, anytime, anywhere. And simple, motivating ways to build healthy habits that last.



## Support at their fingertips

Access to guidance and support. Smooth signposting to your AXA Health services, or your EAP service with another provider, if that's what you have in place. All via one App.

There's help for your line managers too, with tailored tips and content to help them confidently guide their teams to the right resources.



## Data to shape your wellbeing strategy

Help your employees take control of their health and take control of your wellbeing strategy, too. Reporting with utilisation and engagement data helps you demonstrate the continued value of investing in the health and wellbeing of your workforce and make smart decisions about where to focus.



## Expert guidance and coaching

Coaching programmes are created by behavioural scientists and physiologists to help your people make small changes that last. Content and services from experts in health and wellbeing, including AXA Health, Thrive: Mental Wellbeing<sup>2</sup> and sleep specialists Lys.



## Free to your whole workforce

The AXA Health wellbeing app is available to your whole workforce<sup>1</sup> free of charge<sup>3</sup> when you have an AXA Health corporate health insurance plan, corporate health trust or occupational health service with us, or our Employee Assistance Programme.<sup>4</sup>



# 71%

of businesses either already offer or plan to introduce a health and/or wellbeing app for their employees.<sup>5</sup>

**Next, let your account manager know if you'd like the app.**

Or, if you're new to AXA Health, contact us on **0141 245 4010** or at **[wellbeing@axahealth.co.uk](mailto:wellbeing@axahealth.co.uk)**

<sup>1</sup>The AXA Health app is for those aged 18 and over. <sup>2</sup>This content will appear if you have the Thrive: Mental Wellbeing app as part of your service agreement with AXA Health.

<sup>3</sup>Tiered pricing options may be introduced in the future. <sup>4</sup>Excludes occupational health on-demand clients and EAP hub clients. <sup>5</sup>REBA Employee Wellbeing Report 2021.