

CAN YOU AFFORD NOT TO TAKE WORKPLACE WELLBEING SERIOUSLY?

We say NO! Read about our continued success and how it might help your organisation...

With so many positive, measurable outcomes including improved employee health behaviours, reduced staff turnover and increased employee engagement, the Tonic team keep being invited back. Our clients across a multitude of sectors (from marketing to IT; print, manufacturing and insurance) all want us to help make sure wellbeing is at the heart of their dynamic and thriving businesses.

“Staff health should always be a priority.”

We see investment in wellbeing continuing to grow. It is an emerging imperative for employers to invest. Not only are most client organisations investing in wellbeing but many plan to expand their activities with a focus on engagement and retention, through offering more services. We see a clear trend towards a more holistic approach beyond physical health. As part of that broader offering all dimensions of wellbeing need to be targeted. In the Tonic toolbox, we are offering cholesterol and blood sugar testing, mental health workshops, nutrition e-MOT's and health risk assessments - for both individual and complete organisations.

Healthy Employees - a GREAT starting point...

WHY WE FEEL THAT HEALTH CHECKS ARE SO IMPORTANT?

There are plenty of reasons why a health MOT or health check is important. It doesn't make sense not to take wellbeing seriously. In our experience the most important aspects of these confidential employee 1-2-1's is the focus on behaviour change and PREVENTION (being better than cure). It's all about identifying health issues that might otherwise have gone undetected.

Employers can reap benefits by offering to help employees to achieve health goals including: Feeling Better, Having More Energy, Losing Weight, Moving More, DeStressing and even Sleeping Better. It is proven that eliminating bad habits and creating new healthy ones can significantly improve overall staff productivity. Our health checks have real bottom line impact as well as introducing a feel good factor to the workplace.

Employee Feedback

"I believe this is one of the most worthwhile employee benefits... and the importance of good health (mental, physical, emotional) cannot be understated."

RECENT FEEDBACK FROM WORKPLACE WELLBEING SURVEY



**GOOD USE OF
MY TIME?**



**WORTHWHILE &
INFORMATIVE?**



**THOUGHT
PROVOKING?**



**WILL YOU PUT
INTO PRACTICE?**

The Tonic Toolbox

Select interventions from the Tonic Toolbox to create your bespoke wellbeing calendar:

1-2-1 Health Checks - "Know your Numbers"

Health & Lifestyle Risk Assessment

Reward Days

Massage, Reflexology, Posture Assessment and Kore Therapy

Stress Management Coaching Programmes

Nutrition e-MOT's

Mental Health Training

Power of Wellbeing (POW) Workshops

Smooth Move (Increasing activity levels, sitting less and moving more)

Full Refresh (Relaxation techniques, balance & mindfulness)

Energise Me (Nutrition for Optimum wellbeing and healthy eating habits)

Stressproof My Life (stress management, behaviour change and prevention)

Transforming Mindsets (mental health and understanding the basics)

5 RISK FACTORS AND THE IMPROVEMENTS RECORDED (%)



Employee Feedback

"Personal health changes over time, so it's important to monitor my health regularly. Having regular health MOTs at work helps with this. As an employee, it also makes us feel that our company cares for our long term wellbeing."

WHY WE TAKE WELLBEING SO SERIOUSLY

Our feedback shows that employees not only feel good when their employer takes an interest in their health, it shows they care. We have also found that the process of carrying out a health check is one thing but finding someone who understands an employees' worries or concerns and can talk them through and empathise - is equally as important. Our team are highly experienced, qualified and genuinely care.

A workplace wellbeing program promotes goodwill among staff because they know their company cares. It's a win-win scenario for everyone. Organisations benefit by getting employees that are healthier and focused on being productive rather than dealing with health issues. Staff are motivated, present and happy!

CURRENT STATISTICS

12.5 million working days are lost due to work related stress, depression and anxiety (2016-17, HSE)

6.3 days per employee, per year are lost at an average cost of £522 (2016, CIPD)

Main causes of absence are stress, acute medical conditions and mental ill health (2016, Simply Health)

INTERESTED IN FINDING OUT WHAT WE CAN DO FOR YOUR COMPANY?

Get in touch with our team to find out more

Call: 0333 444 7 365 | Email: hello@choosetonic.co.uk | Online: www.choosetonic.co.uk

tonic

Health & Wellbeing Experts
hello@choosetonic.co.uk | 0333 444 7 365

Making your life better!

www.choosetonic.co.uk