

tonic

Wellbeing

**SUPPORTING EMPLOYEE
WELLBEING & MUCH MORE**



Our mission is to provide the tools, support, education and incentive to optimise employee wellbeing. We do this with a dedicated team of fully qualified practitioners, experts in all fields of health, safety and wellbeing. We use pathways and frameworks championed by professional governing bodies like CIPD, HSE, PHE and MIND.

We have the passion, expertise and knowledge to fully manage your employee's health & wellbeing through a bespoke well@work programme.

Our toolbox of solutions is supported by the Tonic and Me app, allowing employees to track and measure their successes 24/7.

It is vital that we continue to put our physical and mental health first, now more than ever.

Myself and the team look forward to supporting employee wellbeing in your workplace.

Zoea Clayton



WHY CHOOSE TONIC?

Our employee wellbeing programmes increase awareness and understanding of the impact that lifestyle choices have on physical & mental health. They help with underlying concerns which can affect our everyday energy, mood and productivity.

As an employee, attending Tonic sessions will help participants to take positive steps towards a healthier life. We support individuals on every step of their wellbeing journey - overcoming challenges and rewarding successes.

As an employer, working with Tonic will show you care and that you put your people first! We are all about taking a preventative approach and making wellbeing personal to your organisation.

Wellbeing is good business sense. Isn't it time you joined us?

YOU CAN EXPECT TO BENEFIT FROM:



Increased employee engagement



Reduced presenteeism & absenteeism



Happier & healthier staff



Lower recruitment costs



Increased productivity

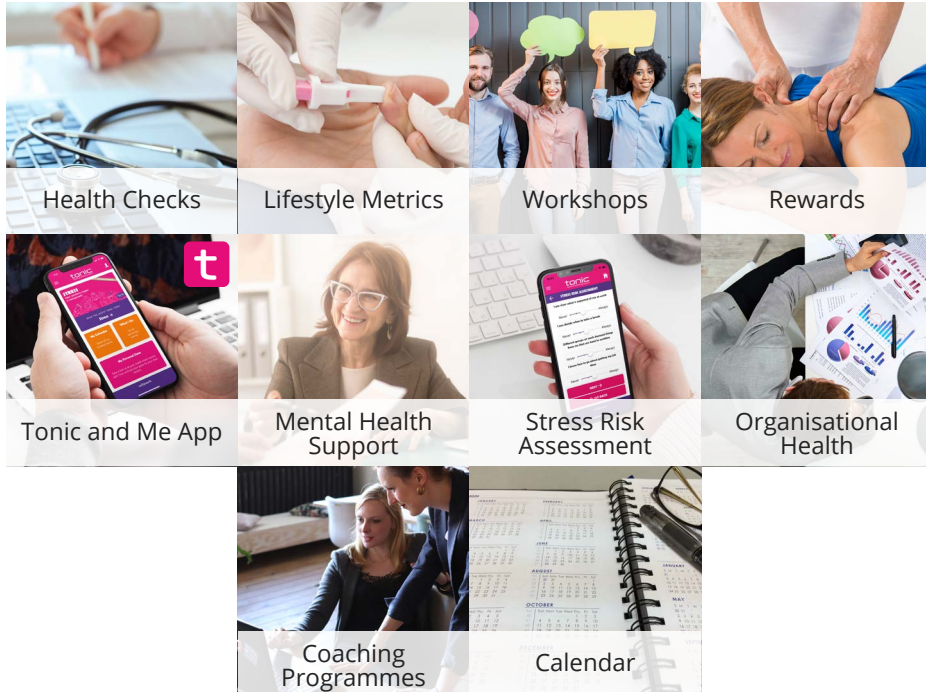


Greater organisational resilience

OVERVIEW OF SERVICES

By choosing Tonic to create, manage and deliver your wellbeing programme, you can be confident in the knowledge that we will cover all bases on your behalf, measuring, benchmarking and inspiring your people. The Tonic Toolbox contains a host of services, easy to implement and great value. We simply select what works best for you, with regular reviews to monitor success.

THE TONIC TOOLBOX



"Unhealthy unengaged staff are a drag on productivity, innovation and the bottom line."

- Forbes

Choose Tonic to make sure that this is not you!



HEALTH CHECKS*

Our 15-point check is a great starting point to benchmark overall employee health. This 1-2-1 confidential session will offer a true insight into personal health & wellbeing; empowering employees to own and improve their health stats.



LIFESTYLE METRICS*

In these 1-2-1 confidential checks we help you to be more aware of how lifestyle choices can affect you in day to day life in particular linked to your heart health and diabetes risks. We will help you to make better sense of all of the numbers too.

Combine health checks and lifestyle metrics to create a full 22-point check.
(A brand new combined health session)



REWARDS*

Offering immediate and lasting benefits; employees can select from a selection of holistic therapies back, neck and shoulder or Indian head massage, reflexology or a hand and arm treatment. All great for restoring balance of energy, correcting muscle weaknesses and particularly good for stress reduction and even boosting morale.



WORKSHOPS

Led by our expert team of practitioners, packed with strategies to support behavior change these are one or two hour interactive sessions. Informal workshops in a safe, group environment. Packed with powerful information and insights – tools and tips - an incubator for sharing & thinking.



TONIC AND ME APP

The Tonic and Me app is available to every organisation that signs up to an annual well@work programme. Your employees will be able to track their health stats, measure progress and feel more motivated. Importantly, it's a fantastic way of keeping in touch with your team, wherever they work.



MENTAL HEALTH SUPPORT

Poor physical health can lead to an increased risk of developing mental health problems. Similarly, mental ill-health can negatively impact on physical health, leading to an increased risk of some conditions. We offer a range of training, coaching and workshops to improve mental health & wellbeing.



STRESS RISK ASSESSMENT

How many times a day do we hear someone say "This is stressing me out" or "I am so stressed!" What do we really mean? To answer that question requires us to know exactly what stress is. As an employer you should know exactly how to manage, measure and minimise stress at work.



ORGANISATIONAL HEALTH

Our organisational "check-up" entails taking inventory of your company's most valuable asset – your people, and presenting back to you anonymised data, in a meaningful way. It is packed with insights to enable you to fine tune your strategy, wellbeing calendar and training to your exact needs. This is a true barometer of your business.



COACHING PROGRAMMES

Our programmes are for everyone. Whether you are an organisation wanting to transform the wellbeing of your workforce; a team, or you have a few individuals wishing to reach health and fitness goals, our programmes are powerful & insightful. We use a holistic approach to understanding wellbeing rather than traditionally focusing on physical health.



CALENDAR

We will link your company programme to key health awareness days. We will plan every month using global and national health awareness campaigns to provide a strong, topical foundation. This ensures your health promotion messages are relevant and on-point, and takes out all the work for you.

*20, 30, 45 or 60 minute sessions available.

THE TONIC APP

The Tonic & Me App is a simple and cost effective tool that helps your employees improve their health and wellbeing - not just at work but 24 hours a day.

Every Tonic well@work programme offers information and support to develop a better understanding of physical and mental health, and how to be consistent in the approach to achieving optimal wellbeing. The objective is to empower your employees, to remove the risk they feel isolated or unable to ask questions, and to give them a confidential platform if they have concerns about their physical or mental state. And finally, we encourage participation in the organisation, boosting social and emotional wellbeing in your workspace.

It combines intuitive digital technology blended with personalised on-site services delivered by the Tonic practitioners.

The Tonic & Me App will provide you with:

ENGAGEMENT MEASURES

- Helpful anonymised data including attendance/ numbers at events.
- Overview of your programme and participation in sessions.

MY PERSONAL DATA

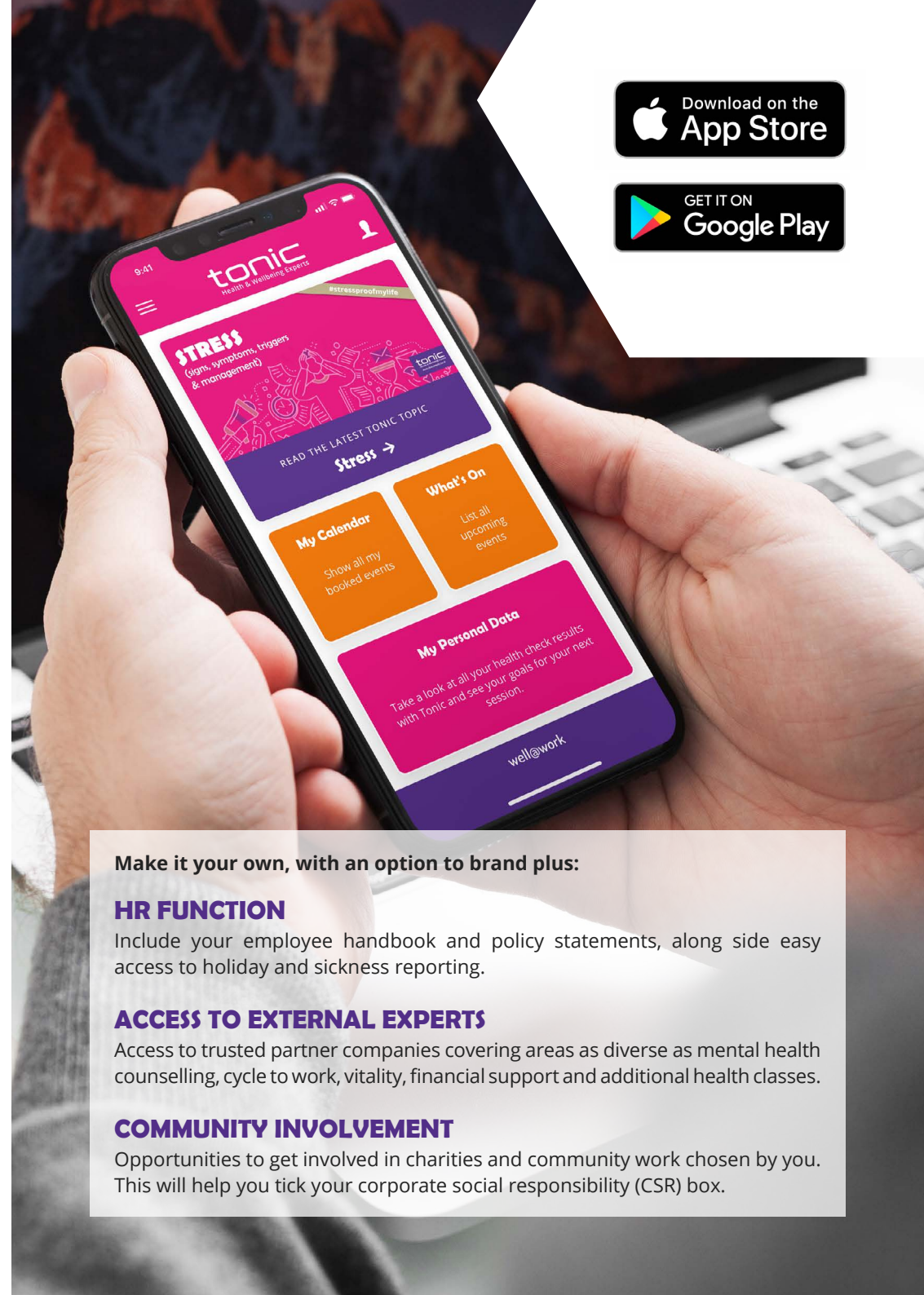
- Access to results and suggested health improvement plan.
- Specialist help and support with follow ups and referrals.

THE WELLBEING HUB

- The place to find all things Tonic, read, watch and discover with us.
- Tonic topics, pathways, boosts and media.

CALENDAR OF EVENTS

- Manage your individual booked events and sync your calendar.
- Check what's on in your workplace and plan ahead to secure your session.



Make it your own, with an option to brand plus:

HR FUNCTION

Include your employee handbook and policy statements, along side easy access to holiday and sickness reporting.

ACCESS TO EXTERNAL EXPERTS

Access to trusted partner companies covering areas as diverse as mental health counselling, cycle to work, vitality, financial support and additional health classes.

COMMUNITY INVOLVEMENT

Opportunities to get involved in charities and community work chosen by you. This will help you tick your corporate social responsibility (CSR) box.

TESTIMONIALS

"In today's world of office and computer work, it is easy for health to be overlooked due to time constraints and lifestyle. Tonic helps us to focus on our health and wellbeing instead of burying our heads in the sand, and the practitioners always do this in a very professional, friendly, and relaxed way. The information and advice provided is very useful and helps us to set achievable individual targets and goals tailored to our lifestyles."

"Thank you for your continued help and support - you have been a vital lifeline to me throughout my time at my company. "

"I have been absolutely delighted to benefit from Tonic's services over the past few years and continue to enjoy the boost they give to my life. The health checks are fantastic for keeping an eye on and improving your general wellbeing and determining small lifestyle changes you can make to be healthier. The workshops I have attended have personally enhanced my life beyond my expectations and I would highly recommend these to any organisations or individuals, who are looking to improve their or their staff's wellbeing."

"Hi Tonic, yesterday was really useful. I would really like some additional information on Mental Health please. Just to say the tone of our sessions - being informal and friendly really helped. I found it informative and could imagine other colleagues having "lightbulb" moments of realisation for themselves too, as I did."



1 in 3

**working age people in the UK
have a health condition**

Source - GOV.UK - Health matters: health and work



71%

**of employees agreed that they have made
healthier lifestyle choices
because of their
company's Tonic wellbeing program**

Source - Becca, Tonic



89% of employees

**at companies that support wellbeing programs
are more likely to recommend
their company as a great workplace to work!**

Source - American Psychology Assoc.

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**MAKE WORKPLACE
WELLBEING A PRIORITY**

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