

Everyday health and wellbeing

**for everyday business
performance**

For your people, your company and you.

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Creating a culture of health and wellbeing

– great for people, great for business.

The future of our working lives is changing dramatically. Flexible working has become a priority made possible by technological advancements. We've all proved we can work anywhere – and we can be reached at anytime.

This delivers benefits, but also places untold pressures on the most important asset in your business – your people.

Companies respond to this stress by providing inspirational office spaces; allowing flexible working; and introducing corporate apps to enhance working lives.

These tools may smooth the way for wellbeing. But nothing impacts productivity more than proactively caring about employees' day-to-day lives, by supporting their physical and mental health.

Simplyhealth's health and dental plans inspire a culture which treats health and wellbeing as paramount. We make it **easier** and **more affordable** for your employees to look after their everyday physical health and mental wellbeing.

We know the power of a happy, healthy, and engaged culture for your business, and we can deliver this - together.

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Optimise health plan

Doing the right thing for your people and for your business

It's simple - our Optimise health plan shows your company's commitment to the mental and physical health and wellbeing of your people.

And it's not just great for individuals and families.

Your business reaps the benefits too through enhanced everyday performance*:



When you address physical and mental health today, you prevent setbacks tomorrow



You improve absence management through easy access to GP and physiotherapy assessments, practical advice and counselling services



Witness enhanced morale and an uplift in overall engagement



Open pathways to quality recruitment and positive retention

*CIPD/Simplyhealth Report on Health and Wellbeing at Work, March 2021

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Optimise health plan

Table of cover- all benefits are 100% payback

Table of cover- all benefits are 100% payback	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Healthy eyes and teeth						
Sight tests, glasses and contact lenses	£60	£75	£100	£125	£175	£250
Everyday dental treatment – hygienist’s fees, fillings and more	£60	£75	£100	£125	£175	£250
Dental treatment needed as a result of an accident	£200	£300	£400	£450	£500	£600
Healthy body						
Seeing a Chiropractor, Osteopath, Physiotherapist or Acupuncturist	£150	£200	£250	£275	£350	£500
Seeing a Chiropodist, Podiatrist or Reflexologist	£25	£50	£75	£75	£100	£150
Discounted gym membership*	✔	✔	✔	✔	✔	✔
Healthy mind						
Helpline service, including telephone counselling, with the option to upgrade to six face-to-face counselling sessions*	24 hours a day					
Healthy checks						
Finding out what’s wrong – appointments with a consultant, plus tests and scans	£250	£300	£400	£450	£500	£600
A health assessment that includes: <ul style="list-style-type: none">• BMI and body fat percentage• blood pressure reading• cholesterol or diabetes check• kidney or liver function test	£50	£100	£250	£300	£350	£500
Seeing a GP, a Dietitian for a consultation, or having an inoculation/vaccination by a GP or nurse	£75	£75	£75	£75	£75	£75
NHS and private prescription charges	£15	£20	£25	£30	£30	£35
Speak to a GP**	24 hours a day					
Access to a private prescription delivery service when prescribed using ‘Speak to a GP’. (charges will apply)**	✔	✔	✔	✔	✔	✔
Healthy extras						
Cash amount for each day or night to help towards everyday expenses when admitted to hospital (up to 20 days/nights)	£20	£20	£20	£20	£20	£20
Single cash amount paid upon the birth or adoption of a child (6 month qualifying period)	£200	£200	£200	£200	£200	£200
Worldwide cover – access these benefits from wherever in the world (excluding face to face counselling which is UK, Channel Islands and IOM only)	✔	✔	✔	✔	✔	✔

Up to four children under the age of 24 can be covered for free. Children will share an annual entitlement.
*Information on how to access these services is available via our myWellbeing platform. Additional services are also available.
**Speak to a GP via video 24 hours a day, 7 Days a week, through our SimplyConsult app or via telephone. Our apps are available to download via the App Store or Google Play Store.

Help employees claim back money for everyday visits to health professionals to make sure they keep a check on their eyes, teeth, feet and general aches and pains. And if life doesn’t go to plan, they’ll be reassured that the right care is on hand.

Additional option with the Optimise health plan

You can select to add Private Medical Insurance (PMI) excess cover, choosing from six available amounts, to your employees’ Optimise health plan so that they are covered in the event they need to pay a PMI excess.

If employees have a PMI policy (with any insurer) which has a claims excess, we will pay that excess up to the amount selected from the below table.

PMI excess cover							
If you have Private Medical Insurance you can claim money back towards your PMI excess	100% payback	Option 1	Option 2	Option 3	Option 4	Option 5	Option 6
		£50	£100	£150	£200	£250	£300

Cover for businesses with three or more employees.
It is the responsibility of the employee to claim back the PMI excess amount by sending us a copy of their payment receipt.





Is this product right for you?

To ensure this product is suitable for your company’s needs, please answer the following questions:

Do you want to support and encourage your employees to look after their everyday healthcare?	Yes	No
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Do you want your employees to be able to claim back the costs of everyday healthcare appointments like dental check-ups and treatment; eye examinations and prescription eyewear; physiotherapy treatments?	Yes	No
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Do you want your employees to have 24/7 access to speak to a GP via video or counsellor via telephone?	Yes	No
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If you have answered ‘No’ to all of these questions above this product may not be suitable for your needs. Please check the full policy documentation before completing your application. We do not provide advice or recommendations.

This product meets the needs of a business that wants its employees to benefit from support with everyday healthcare costs each year like routine dental check-ups and treatment; routine eye examinations and prescription eyewear; physiotherapy treatments; 24/7 access to a GP via video or counsellor via telephone.



Supporting health and employees' wellbeing with myWellbeing

myWellbeing is another part of the Optimise Health Plan. It enables employees to look after their overall health and happiness with a range of tools, all available in one place.



Fast, easy access to GPs via our SimplyConsult app

Your employees can speak with a GP anytime of the day or night that suits them – from the comfort of their home.



Focus on mental health

Our 24/7 telephone service is manned by qualified counsellors and advisors to help your employees' with any mental health issues and practical life problems.



Delivery of private prescriptions

Making life easier by delivering prescription medication to home or work addresses. (charges will apply)



Access trusted health information and exclusive offers

In addition to exclusive offers promoting fitness and healthy lifestyles, employees become informed through health information and evaluation tools.

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Essential healthcare anytime, anywhere

Our apps make it easier for your people to manage and maintain their health and wellbeing, get quick access to healthcare, and easily manage their plan.

SimplyConsult

The app for 24/7 video GP services and physiotherapist assessments*.

- Employees can book a video consultation with both doctors and physiotherapists or call qualified counsellors
- Get a diagnosis and advice from qualified physiotherapists or GPs, with access to prescription delivery and repeat prescriptions
- Order and manage your NHS repeat prescriptions and have the medication delivered to your door free of charge
- All of our NHS- practising GPs have profiles for your employees to choose their doctor. They can even choose to see the same GP if another assessment is needed**

SimplyPlan

The app for claiming money back on a Simplyhealth plan, quickly and easily.

- Access to submit and track healthcare claims
- View benefit entitlements and claims history
- Learn more about the benefits available



* Video physiotherapy assessments are not 24/7. They are available Mon-Fri: 8am-7pm. Sat: 10am- 1pm. Closed Sundays and bank holidays.

** Provided chosen GP has availability in the next 7 days

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We'll support you – so you can support your people

Your first big business decision is to commit to a culture of wellbeing and good health for your people.

Hand-in-hand with this pledge is an investment in a Simplyhealth health or dental plan, underpinning this commitment to better everyday performance.

These steps are just the start of a great journey that we'll take together. We'll continue to work with you to add value to your business decision and maximise your return on this insightful investment.



Personal account management

Your account is as important to us as it is to you. That's why you'll have a single, dedicated point of contact who'll help you with every aspect of your plan.

From day one your account manager will support the implementation, working by your side to shape the plan to your specific needs. They'll come up with tried and tested solutions to promote the benefits to your people.

Marketing support

Launching your health plans within your company with inspiring and engaging communications is critical to drive success.

We've a wealth of experience co-ordinating campaigns which reinforce the importance of health and wellbeing. Weaving your culture and integrating your strategic aims into the approach will be at the heart of our marketing support.

Detailed management information

We'll regularly provide you with meaningful and relevant data analysis on the performance of your health and dental plans. Together we'll judge their progress and performance to ensure we're supporting your employees' everyday health and wellbeing where and when they need it most.

Stay informed and be inspired

Head to the [Simplyhealth Insights Hub](#) for relevant content which helps you support the health and wellbeing of your people.

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