

A PROBLEM SHARED IS A PROBLEM HALVED

+ medicash
listen

Sometimes, working life can be more emotionally demanding than physically taxing.

Combining the Employee Assistance Programme, Best Doctors® and access to Medicash Extras, this package aims to offer both you and your employee's peace of mind, all for just **£1 per employee, per month.**

This is a stand-alone benefit which doesn't need to be purchased with a cash plan.

	Up to 8 Face to Face Counselling Sessions	✓
	Management Support and Stress Intervention	✓
	Unlimited Telephone Counselling and Support	✓
	Best Doctors® InterConsultation™ Programme	✓
	Medicash Extras	✓

TALK DETAILS WITH US TODAY.

CALL 0800 195 2992 OR VISIT WWW.MEDICASH.ORG/LISTEN

OPTIONAL ADD ON: EMPLOYEE ASSISTANCE PROGRAMME

The Employee Assistance Programme provides your workforce with direct access to qualified counsellors, whenever or wherever they feel that they need help or advice.

24/7 EMPLOYEE SUPPORT SERVICE

Medicash's 24-hour telephone advice service allows users to talk instantly to a qualified counsellor as there's no initial 'triage' or need to be 'transferred'.

FACE TO FACE COUNSELLING

The waiting lists for NHS face-to-face counselling can be weeks or even months. Where it is clinically appropriate our EAP will provide your employees with quick and confidential access to up to eight face to face counselling sessions - ensuring that you can provide the support they need in times of crisis, or bridging counselling where a more long-term strategy is required.

STRESS INTERVENTION AND MANAGEMENT SUPPORT

Where a manager encounters a problem that is unfamiliar or complex, they can access the service to discuss how best to approach the situation, discuss the likely effects and explore options for the appropriate management of the employee. With the consent of the employee they can also request a Management Referral where our counsellors will make initial contact with the employee by telephone and confirm back to the manager that contact has been made.

INTRODUCING WOEBOT

Woebot is our new artificial intelligence counsellor which can offer 'in the moment' emotional support to more employees than any other clinical method. It is a relational application that can form a personal bond with users.

Woebot allows users to track their mood, identify patterns and provide insight into issues or concerns that the user may not have realised were causing emotional distress. Amongst other things, Woebot can help your employees tackle financial worries, relationship problems, chronic pain, sleep or insomnia issues, loneliness, grief or addiction. Over time it will even learn what does and doesn't work for each individual.

Typically, employee assistance programmes support between 4 and 12% of the workforce, but with Woebot engagement levels can increase to over 40%.

