



Innovative health and wellbeing solutions for all your employees

All our group protection policies include access to a comprehensive **Employee Assistance Programme (EAP)** from Health Assured. This is available for all our customers' employees, whether they're covered by us or not.

Statistics you can't ignore

Mental health conditions, including stress are now the top cause of long-term absence and second highest cause of short-term absence (source: CIPD).

- 15.4 million working days were lost due to work-related stress, depression or anxiety in 2017/18 (source: Labour Force Survey).
- Each year one in four adults in the UK experience at least one diagnosable mental health problem (source: MIND).

Mental ill health, including stress, is the leading cause of long term absence from work. Poor mental ill health costs UK employers between £33 billion and £42 billion annually. Source (https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/658145/thriving-at-work-stevenson-farmer-review.pdf)



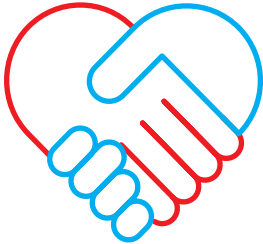
Supporting the employer and the employee

An effective EAP can help employers maintain and improve workplace wellbeing and performance.

It can provide employees with fast, free access to information and professional support on a range of personal and work-related topics that could otherwise impair their ability to work effectively, and efficiently.

An EAP available around the clock can also help reduce absence from work that employees might otherwise need for appointments with specialist advisers.

All conversations are confidential, and summary management information can help customers target 'hotspots' and guide best practice solutions to reduce or eliminate any issues.



Health Assured - providing the right support at the right time

Unlimited calls and confidential service

The helplines are confidential, free to use and with unlimited access.



National network of over **1,500 counsellors**, usually within **15 miles**.



Available **24 hours** a day, **365 days** a year



Helpline support for:

- Personal life
- Work
- Health
- Retirement
- Financial wellbeing
- Stress
- Relationships
- And much more



Calls are answered within **15 seconds** by qualified, UK-based counsellors.



More than just counselling, services include:

- **My Healthy Advantage App** - providing access to resources such as mini health checks, weekly mood trackers, four week plans and much more.
- Immediate family* members of employees can benefit from access to our EAP **telephone support services**.
- Up to eight **structured counselling sessions** can be provided where appropriate, to employees covered by our group income protection. This can be provided face-to-face, online or by telephone.
- **Services and pathways** specifically designed to help managers support their teams most effectively.

*Immediate family member includes spouse, partner, registered civil partner, parents, siblings and children aged 16 to 24 in full time education, living in the same household.

* Taken from the HSE Work related stress depression or anxiety statistics in Great Britain, 2018.
<http://www.hse.gov.uk/statistics/causdis/stress.pdf>

Helping people thrive



We offer a comprehensive **EAP** with all our group protection policies



Health Assured's EAP is available to a **customer's employees**, even those not covered by our policy



The EAP service is provided at **no extra cost**



With Group Income Protection, treatment, where appropriate, is paid for and arranged by Legal & General without the need for a **GP referral**



In 2018, we paid £292m in group protection claims

What Health Assured users say

"The help from the counsellor made a huge difference to me and my ability to get on with my work/life after a trauma. I'm very pleased that I made contact."

"I am very grateful that my employer provided and funded this service."



www.legalandgeneral.com/group-protection

Visit our website for more information about our Group Protection Products and the support available. Learn about what we can and can't cover and how we assess claims in our Technical Guides.