



Health

Here for life's big challenges

MEN'S AND WOMEN'S HEALTH SUPPORT

Easy access to effective, confidential support

Asking for help isn't always easy, particularly when it comes to intimate issues or conditions specific to men's and women's health. It can be difficult to discuss these concerns at work, and people may be reluctant to take time off to get the help they need. This can have a huge impact on their lives, both at home and at work.

Men's and women's health support services can help employees connect easily and confidentially to expert support, education and guidance for the issues that are most important to them. Together with digital-health app, Peppy, we're offering these services to enable your people to take control of their wellbeing in a way that's comfortable and fits into their busy lives. It'll also help you create an even more inclusive culture where employees know they'll be supported, whatever life throws their way.

85%

of working-age women have experienced at least 4 women's health conditions.²

39%

of employers say that disruption is caused as a result of male employees not addressing health issues until they become severe.³

Women's health service

Despite the fact that women are generally more likely to visit their GP than men,¹ the healthcare system in the UK doesn't always fully support their needs. It can take multiple appointments over several years for certain conditions to be diagnosed, while more common complaints might not be treated as a priority. Whether dealing with a complex issue or the day-to-day management of their overall health, the women's health service allows your employees and their family members to get reliable, practical guidance in a way that suits them.

Issues covered by the women's health support service include:

- Gynaecology, including vaginal and cervical health
- Polycystic ovarian syndrome (PCOS) and endometriosis
- Period pain and understanding the menstrual cycle
- Sexual health
- Contraception options, guidance and management
- Nutrition, exercise and fitness

Men's health service

When faced with a health concern, many men don't seek the help they need until the issue has become more serious. Whether they don't want to take time off or they simply feel embarrassed, this men's health service is designed to make it easier for your employees and their family members to access confidential guidance. They'll have access to a convenient, discreet digital platform that connects them to a team of experts, including men's health nurses, nutritional therapists and expert fitness practitioners.

Issues covered by the men's health support service include:

- Hormonal health
- Urology
- Sexual health
- Nutrition, exercise and fitness
- General health and prevention

How it works

Practitioner chat

Message highly trained and accredited practitioners. No appointment needed.

Articles and programmes

Access articles, audio series, wellbeing courses and virtual events with expert speakers. For men, these include anything from hair loss to keeping your prostate healthy, while for women, subjects include gynaecological health, contraception and managing period pains. Everything is evidence-based and aligned with published NHS guidelines, and it can all be found conveniently in the Peppy app.

Confidential, private consultations

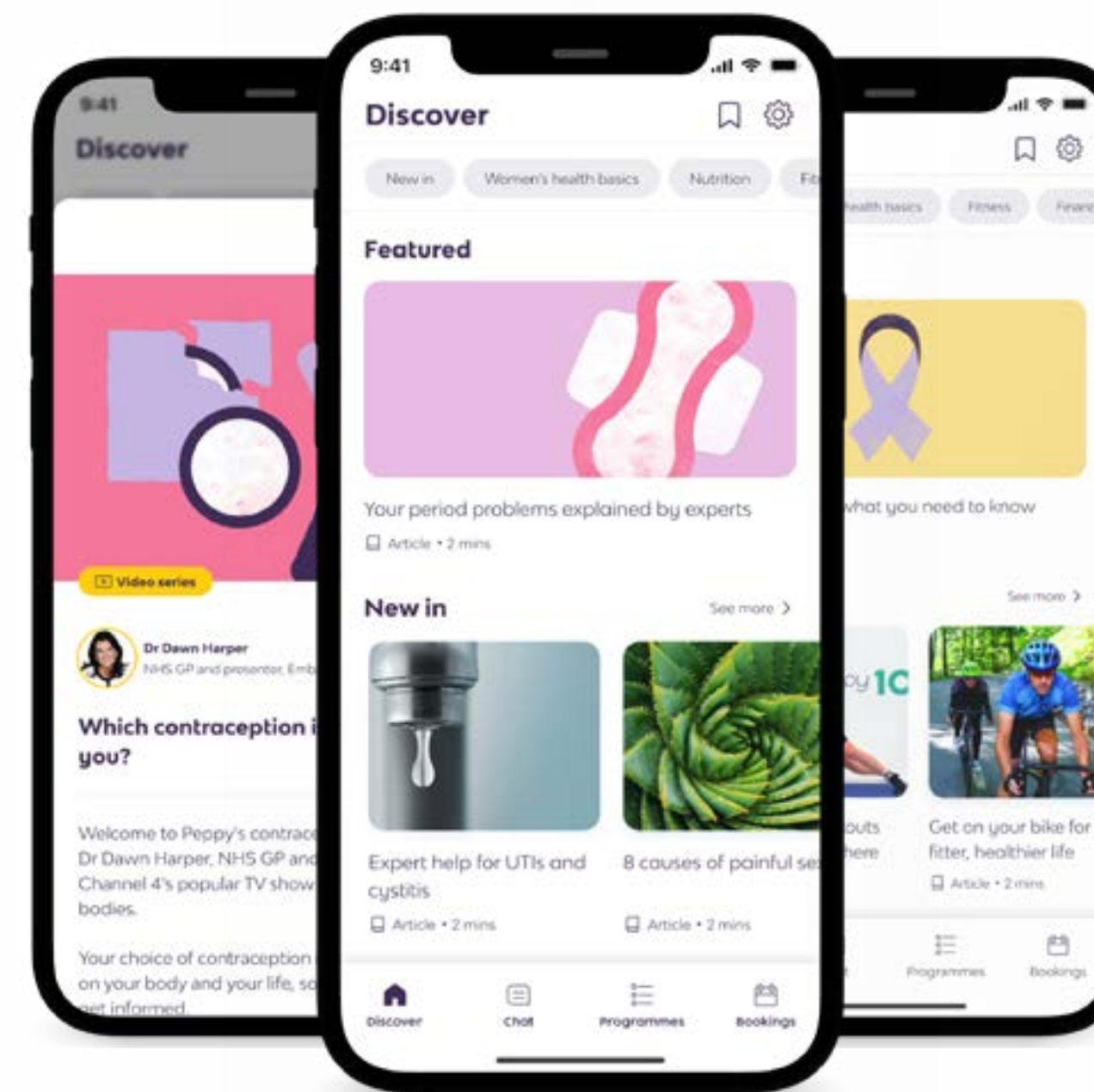
Private, one-to-one, 40-minute video consultations with Peppy's specialist practitioners.⁴ Booking is easy over the secure app.

Informed healthcare

Peppy practitioners can help your employees manage physical and emotional symptoms. If treatment is needed, they can talk through the options and recommend your employee sees a GP for next steps.

Testosterone blood test (Men's health only)

Male service users can ask for an at-home testosterone blood test to find out if low testosterone might be the cause of physical issues. After reviewing the results, a practitioner will advise the employee as to the best course of action and provide them with any ongoing guidance or support they might need.



Working with Peppy

Working with Peppy allows us to give your employees and their family members access to clinically robust, expert, human care in underserved areas of healthcare.

Peppy practitioners are highly qualified with extensive clinical experience and have all the training and qualifications required to work in the NHS.

The secure app is backed with ISO 27001 accredited data processes so your employees can access support safely at the touch of a button.

All you need to do now is contact your account manager for more information and a quote for your whole workforce.

New to AXA Health?

Contact us on 0141 245 4010 or at wellbeing@axahealth.co.uk

Men's and women's health services provide support for personal issues your people may face. But don't forget, we also have a range of additional benefits available to offer help, treatment and guidance to your male and female employees during life's big journeys. These include fertility, early parenthood and menopause support services. In addition, we offer early diagnosis services for both breast and prostate cancer as part of our corporate healthcare scheme, Advance.

Available to UK-based employees and family members. App users must be 18 or over. Service is subject to Peppy's fair use policy. Minimum 24-month term contract and minimum employee population of 2,000.

¹ Men's Health Forum, Understanding of health and access to services, 2022. ² Women's Health study, 200+ female respondents, Peppy, Jan 2022. ³ Peppy research, 2021 - research was conducted by Opinium on behalf of Peppy among 504 HR decision makers, Sept 2021. ⁴ Women's and men's health practitioners are available 9am to 6pm, Monday to Friday.