



Health

# Unlock the value of a flourishing workforce

Together, let's build a wellbeing programme to leave your workforce feeling fit, well and fired up about staying healthy.



# The true value of wellbeing

**A well-rounded, effective wellbeing programme is key to helping build a resilient, high performing and successful organisation.**

## It's good for your people...

Providing employees with the right support, both in and out of work, can make a world of difference. In our 2024 UK mind health workplace report, we found that those who believed their company cares for the mental health of its employees and is taking action to help them were almost twice as likely to have flourishing mind health.<sup>1</sup>

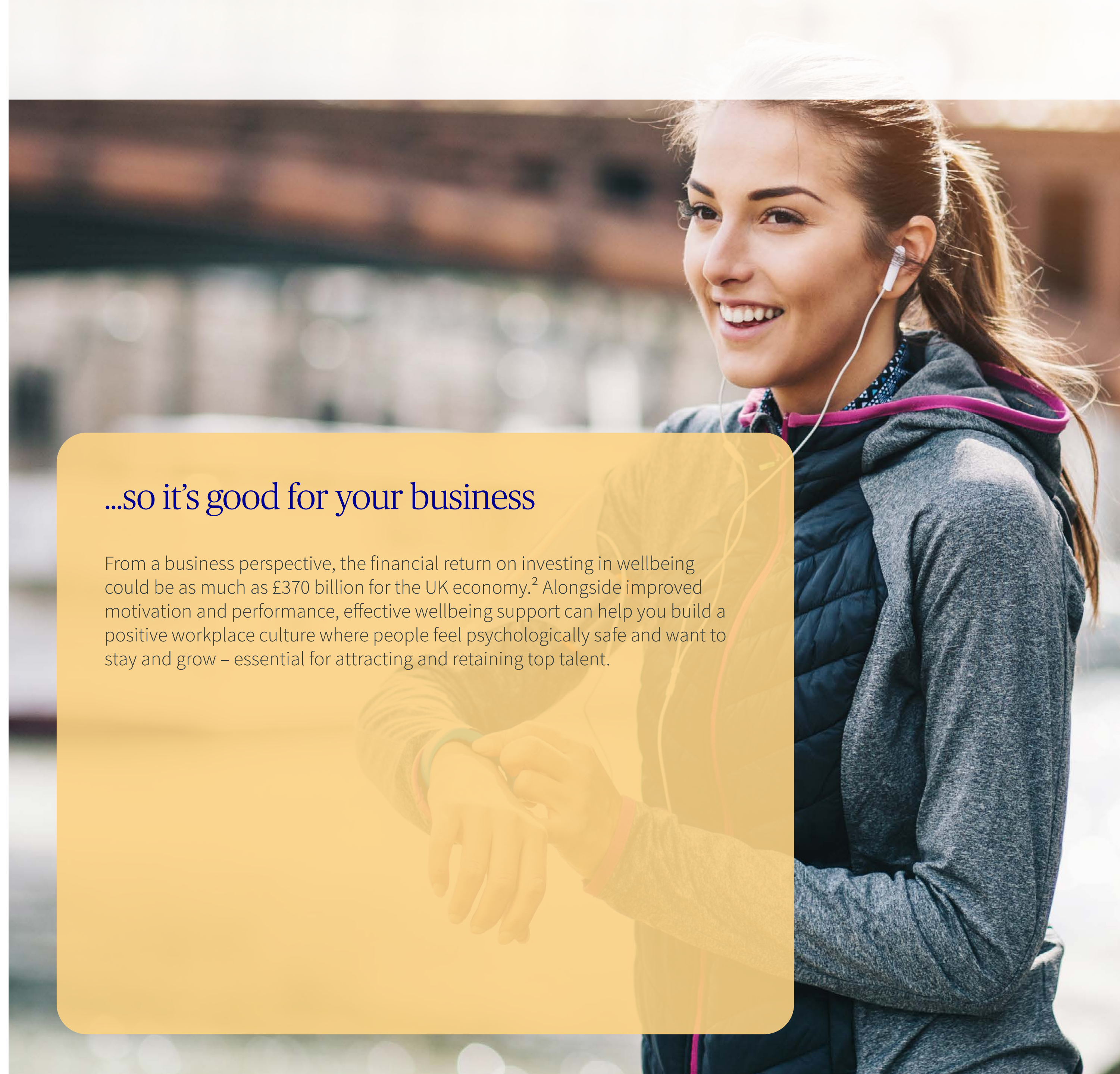
Your wellbeing strategy can empower you to support an ageing workforce, tackle inequalities and help build a healthier, more inclusive team where every employee feels seen, valued and able to flourish.

And any effective wellbeing programme should include training and support for line managers and leaders, creating a ripple effect of positive outcomes.

<sup>1</sup>AXA Health 2024 UK mind health workplace report - AXA Mind Health Study was conducted between 15 October – 15 November 2023 in 6 countries among representative samples of the population aged 18–75 in each country (1,000 in each) <sup>2</sup>Business in the Community (BITC) – McKinsey Health Institute research 2023 <sup>3</sup> AXA UK and Centre for Economic and Business (Cebr) research 2023 – based on data and statistics from 16 different studies and reports with UK participants. Data from external sources such as OECD statistics and local statistical agencies were used to estimate the average number of sick days taken by workers in each country

## ...so it's good for your business

From a business perspective, the financial return on investing in wellbeing could be as much as £370 billion for the UK economy.<sup>2</sup> Alongside improved motivation and performance, effective wellbeing support can help you build a positive workplace culture where people feel psychologically safe and want to stay and grow – essential for attracting and retaining top talent.



# Together, let's build wellbeing your way

## Working together, for the good of everyone

With AXA Health, you and your people are in safe hands. We have more than 80 years of health and wellbeing experience, strong provider relationships and a wealth of expert-led products and services to our name. Combined with our commitment to put people's health first, we'll help you tailor a wellbeing programme that supports every employee, wherever they are on their health journey.

Customise your existing wellbeing strategy by adding the services you need or form an annual targeted plan by combining multiple services. Together, let's help your employees make informed, healthy choices and take ownership of their wellbeing.

Looking to the long term? Let's build a shared wellbeing ambition for your business and together we'll review your programme and guide you for year-on-year improvement.

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# A well-rounded wellbeing strategy

Our clinically backed, holistic approach helps your employees receive the support they need, along with the tools and resources to manage their health with confidence. Supporting Mind. Body. Life.

For companies big and small, you can choose to select specific services to target priority health trends, or we can work with you to build your fully crafted programme that helps you deliver a well-rounded wellbeing strategy.

**Our wellbeing services are carefully designed to:**

## 1 Engage and educate

From live webinars to training courses, we'll help you create a supportive environment where wellbeing is part of the everyday conversation.

## 2 Assess and guide

Help your people gain a better understanding of their health with health assessments, coaching services and mental health guidance.

## 3 Intervene and support

Provide your people with the wellbeing support services they need to navigate life's challenges.

**Ultimately, we're here to help you support prevention, inspire healthy behaviours, and to be there when it matters.**



# The right health and wellbeing support. Anytime. Anywhere.

## A personal experience

Wellbeing starts with awareness of our own health. Successful support requires engagement, inspiration and ease of access. Whether you have corporate private healthcare cover, an Employee Assistance Programme or a wellbeing programme with us – your teams will be able to access a rich range of wellbeing support in one convenient place, online or through our AXA Health app.

### Includes:

- ✓ Videos, articles and learning modules
- ✓ Online workouts for mind and body
- ✓ Health Score – an online assessment to build health understanding
- ✓ Manager guidance and support.

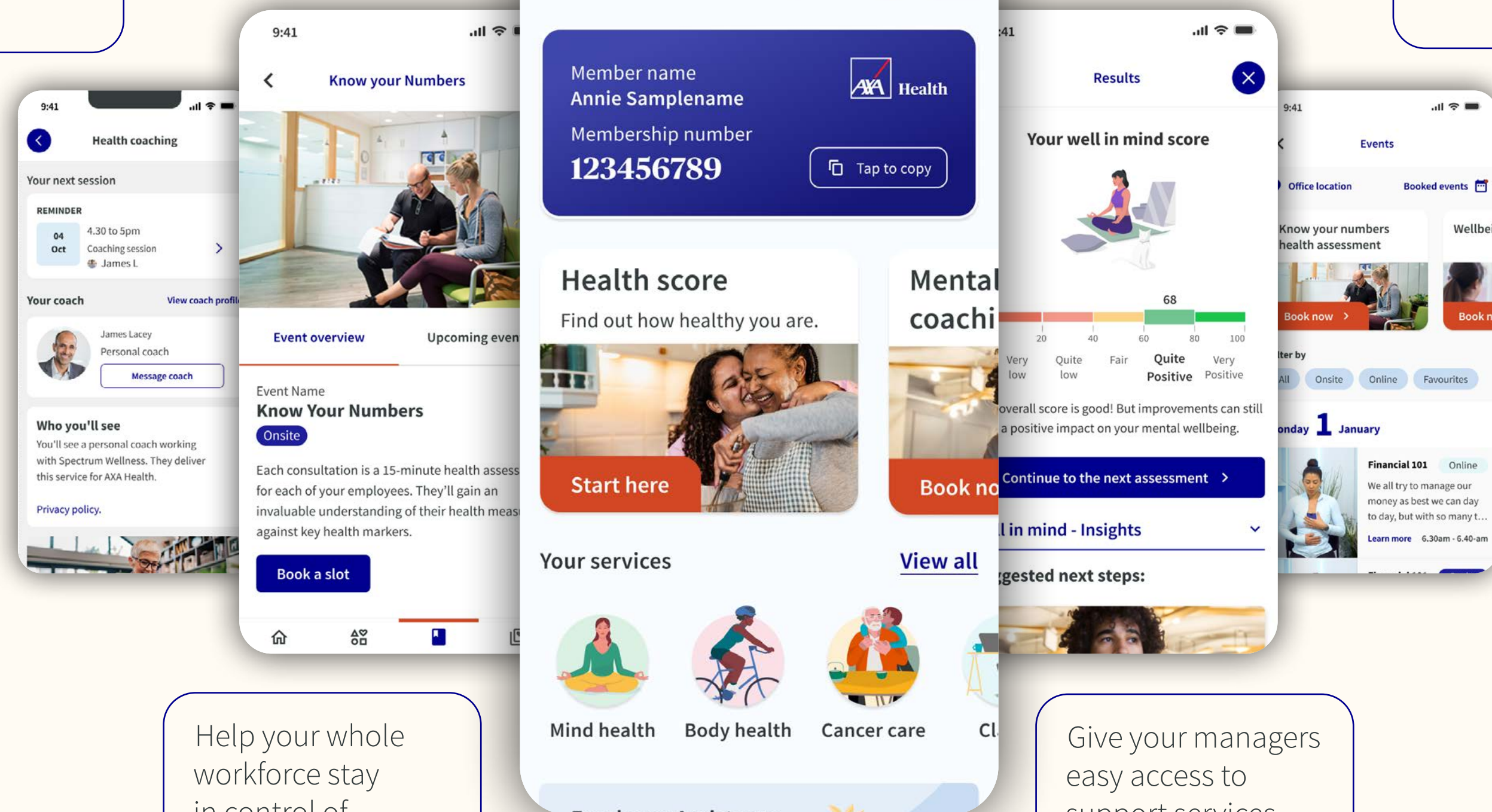
Access to online wellbeing support and wellbeing services within the AXA Health app, **powered by Spectrum.Life**

Make wellbeing part of the everyday conversation.

Help your employees stay on track and move forward on their wellbeing journeys.

Offer quick, convenient and discreet access to mental health support.

Inspire your people to adopt healthy habits and stay in control of their health.



Help your whole workforce stay in control of their health, fitness, lifestyle and nutrition.

Give your managers easy access to support services and inspiring content.

# A strong foundation for success

We’re also making it even easier to connect your wellbeing strategy, helping employees engage with those additional wellbeing services you invest in, in ways that work for them.

Beyond access to a rich library of curated content, they’ll be able to source available mental health support, connect with the right experts for their needs and book onto upcoming seminars, assessments and health coaching. As you build your wellbeing programme, your online support grows with you.



**An extensive library of expert curated content, including:**

- ✓ Videos, articles and learning modules
- ✓ Online workouts for mind and body
- ✓ Health Score – an online assessment to build health understanding.

+

**Additional features as you invest in our range of wellbeing services.**



+



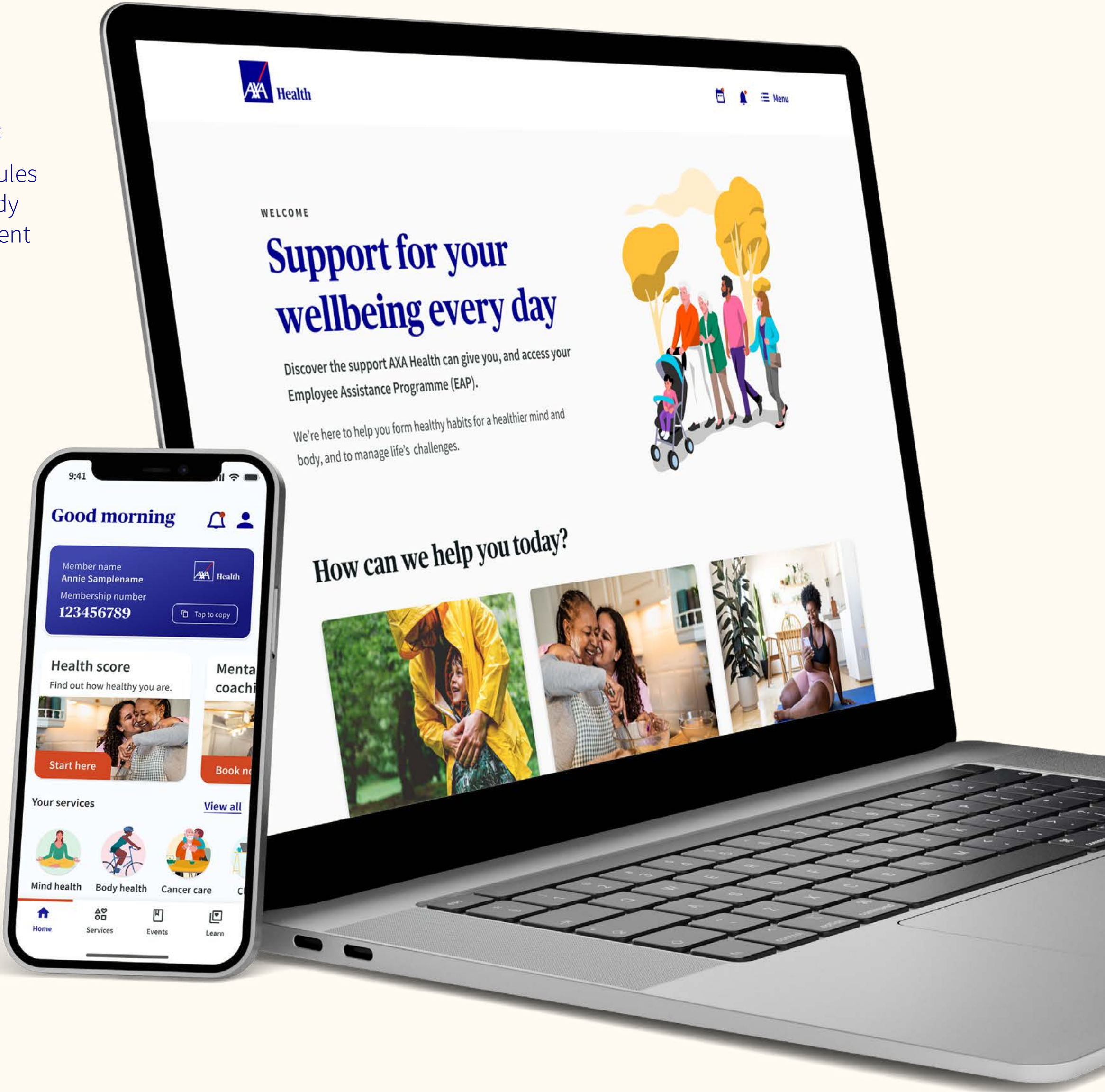
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Enjoy enhanced booking as you add webinars, seminars, health assessments and coaching

Integrate your Employee Assistance Programme, and gain digital access to mental health support and counselling services

See signposting to other online AXA Health services, connecting your strategy for your people.



The AXA Health app is available to all employees at AXA Health clients with a corporate private medical plan or health trust, a standalone EAP service, or wellbeing programme. A wellbeing programme sees minimum spend of £10,000 per annum. Tiered pricing options may be introduced in the future. Users must be 16 years or older.

# Webinars, seminars, workshops and training

## Raise health awareness across your teams

Our range of webinars, seminars, workshops and training courses is designed to help your people flourish and reach their full potential in their own way. Give your teams the skills and confidence they need to take ownership of their health and develop positive habits that last.

### Delivered by experts in their field

These sessions and programmes are all presented by experts who are trained to deliver engaging and inspiring content. We have a network of specialist providers on hand to bring your teams insightful sessions with real impact on topics from neurodiversity and menopause to mental health and cancer.

*Seminars and workshops, **powered by Spectrum.Life** and supported by expert providers*

### Delivered in whatever way works best for you

Many of our sessions are available as face-to-face seminars, webinars or recorded webinars. This allows us the flexibility to cater to the specific needs, make-up and location of your business. Want to deep dive into specific topics? Check out our seminar series to continue the conversation.

All aspects of health are covered and include sessions designed for managers, HR professionals and employees. Some of our popular options include:

#### Seminars

- ✓ Beating burnout
- ✓ Understanding menopause
- ✓ Cancer awareness
- ✓ The value of neurodiversity

#### Workshops

- ✓ Mental Health First Aid
- ✓ Mental Health First Responders
- ✓ Health Champions

#### Seminar Series

- ✓ Finance 101
- ✓ Nutrition
- ✓ Women's health

For more information, and to access our brochure with a full list of available seminars, visit our website.



# Roadshows and events

## Bring wellbeing to life

Whether you're launching a new wellbeing initiative, kickstarting a health awareness week or encouraging your employees to take charge of their health, there's no better way to get the show on the road than with an in-house event. Explore our interactive events or add on-site massages to your offering.



Roadshows and events **powered by Spectrum.Life**

- Develop your teams' wellbeing knowledge.
- Encourage a proactive approach to wellbeing in the workplace.
- Equip your workforce to take action.

# Employee Assistance Programme (EAP)

## The right support at the right time

Life can bring plenty of challenges. From day-to-day struggles to significant events, everyone needs somewhere to turn when things get too much. Meeting the different, complex needs of a diverse workforce in today's world needs a fresh approach.

Employee Assistance Programmes need to evolve and ours goes the extra mile. Whether an employee needs help forming healthy habits, or they're dealing with stress, anxiety or personal issues, our EAP supports whole health and offers confidential guidance to them and their family.

*Powered by Spectrum.Life*

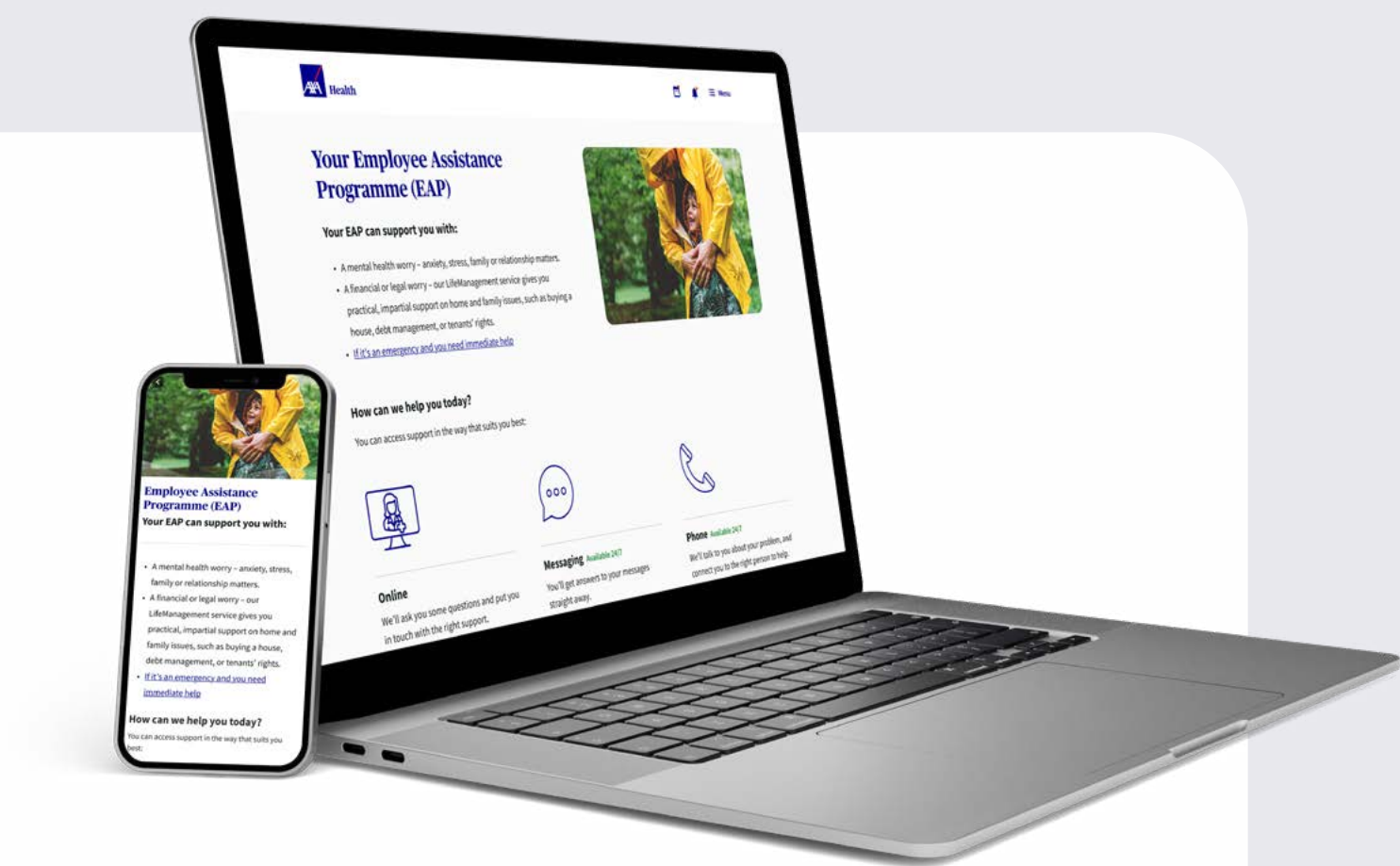
9 Unlock the value of a flourishing workforce



Access to a team of more than **100** clinicians within the client care counselling team and an extended affiliate network of more than **2,500** mental health practitioners and counsellors.

# EAPs that put your people first

Choose between our Essential and Premier EAPs to find the right fit for your business and make wellbeing part of the everyday conversation. We believe that an EAP needs to prioritise the needs of the individual, connecting them to the right support and inspiring them to adopt healthy habits, stay in control of their health and keep moving forward on their wellbeing journey. Our EAP services include:



In the UK, only in-the-moment support is available for dependants. Full service delivery for employees aged 16 and over.

We can include pricing terms for full access for dependants at quote stage.

<sup>1</sup>Our 24/7 health support line includes nurses available 24/7, 365 days a year. Pharmacists and midwives are available Monday to Friday, 8am to 8pm, Saturday 8am to 4pm, and Sunday 8am to 12pm.

# AXA Doctor at Hand

## A fast, easy way to see a GP

AXA Doctor at Hand, powered by Doctor Care Anywhere, is a private online GP service that gives all your people easy, convenient access to expert guidance for a range of health concerns.

Available as a standalone service, employees can see a GP or an Advanced Clinical Practitioner whenever they need, wherever they are. AXA Doctor at Hand helps people overcome the challenges in accessing primary care support, giving them fast access to online medical advice and reassurance, as well as the option of prescriptions delivered to their door.

### What's included

- ✓ Appointments available 24/7 by video or phone.
- ✓ A choice of online GP or Advanced Clinical Practitioner appointments.
- ✓ Prescriptions made easy, delivered straight to the office, their home or a local pharmacy – whatever's easiest.
- ✓ Accessible online and in-app – wherever, whenever.

#### Important information:

**Availability** – Subject to appointment availability

**Prescriptions** – Available in most circumstances. Prescriptions are only available in the UK. Outpatient prescriptions and delivery are not covered by the healthcare scheme, if they have one, and may cost more than on the NHS.

**Referrals to specialists** – If they have as part of their healthcare scheme, any outpatient limits or employee contributions normally made towards treatment will apply. All referrals and treatment recommended are on a private basis. The GPs and Advanced Clinical Practitioners are unable to refer to the NHS. The right cover needs to be in place for onward treatment to be eligible.

### A seamless onward journey

AXA Doctor at Hand can integrate well with any AXA Health corporate healthcare scheme, bringing a seamless onward journey to your workforce. Onward referrals can be offered within three working days via our specialist appointment booking team or our online assessment services. Talk to an account manager today.

### How it works

- Employee answers a few questions about their health concern.
- The next available appointment will be offered to see a GP or an Advanced Clinical Practitioner.
- The consultation takes place, by video or over the phone.
- Advice, medication or a specialist referral is provided where appropriate.

### Business benefits

- Support early intervention.
- Valued benefit across your entire workforce.

For AXA Health Advance corporate healthcare schemes, AXA Doctor at Hand is included as standard.



# Health assessments

## The insight to change things

Many of us let our own health slip down our list of priorities. But the longer an employee ignores certain symptoms or remains unaware of a potential health risk, the more likely they are to experience ill health in the future. This can impact their wellbeing and motivation in the long run, which can have a knock-on effect on your business.

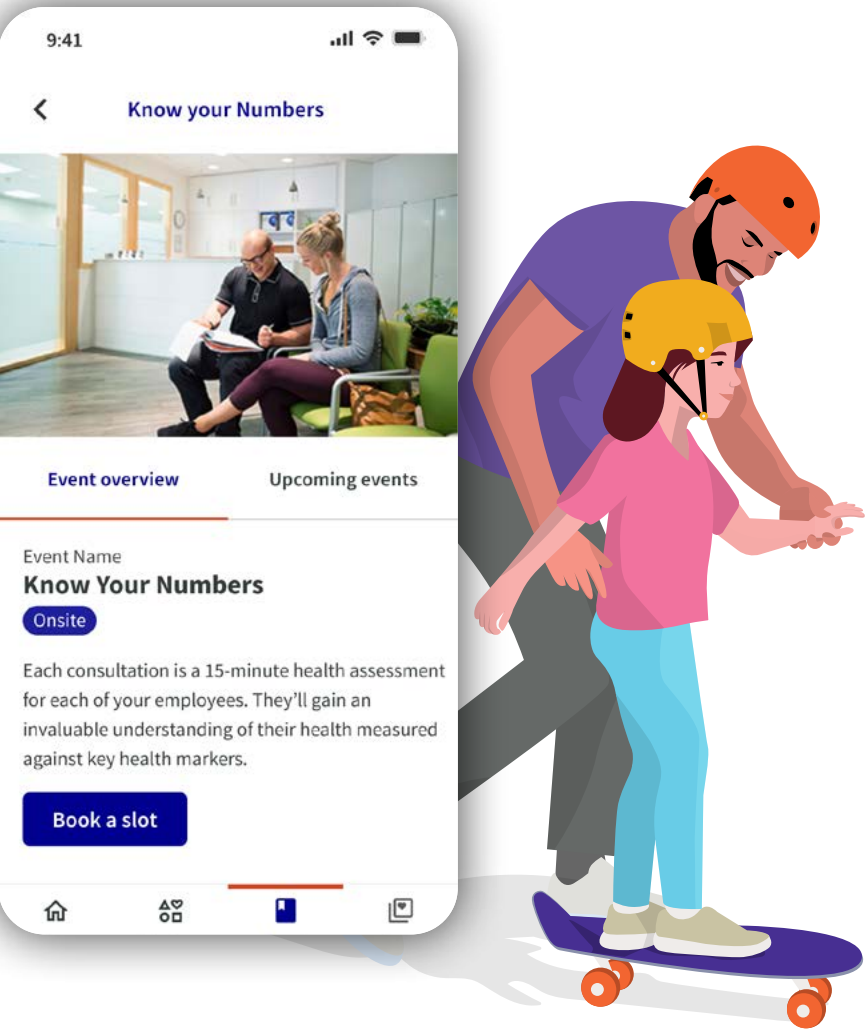
Our health assessments offer you affordable and scalable ways to build health awareness – at work or remotely for those at home. This makes it easier for employees to see where to focus their efforts now, which can help them avoid certain complications in the future.

### Connecting your employees to better health

If any health risks show up during their consultation, a qualified physiologist will suggest some actions your employee can take. They'll be guided back to all available support, whether that's online, via our app, through an Employee Assistance Programme or on into health coaching if available.

*Powered by Spectrum.Life*

### Available health assessments include:





On average, employees who completed an AXA Health coaching programme saw a **4%** weight reduction and **12%** cholesterol reduction.

Cumulative health outcomes from 729 tests delivered by AXA Health physiologists between January 2020 and January 2024.

# Health coaching

## Help your people take action

Designed for those who have had health risks identified and need some extra help to make positive lifestyle changes, health coaching and mental wellbeing coaching empower employees to live healthier lives. Whether they want to adopt healthy habits, manage stress, eat more healthily, start exercising or target a known health risk, they'll receive informed guidance and lifestyle support to help them take action.

Our Know Your Numbers assessments, wellbeing consultations and digital Health Score assessments act as a springboard towards onward support when it's needed. Following one of these assessments, an employee can be made aware of dedicated health coaching or mental wellbeing coaching. Whether the support they need is in mind, body or life, they'll work with their coach to explore what help they need and analyse both their motivations and barriers to better health.

### With these coaching services, your people get:

- ✓ support every step of the way
- ✓ personal, one-on-one health coaching online or by phone
- ✓ the knowledge they need to make positive changes that last
- ✓ easy access to appointments, updates and messages with their coach, online or via the AXA Health app.

### Options include:

**Health Coaching – 12 weeks**

**Extended Health Coaching – 6 months**

**Mental Wellbeing Coaching – 12 weeks**

This is a real opportunity to go above and beyond for your people. Health coaching shows your people that you're not just here to help them figure out what might be wrong, but to empower them to take action.

# Women's and men's health support

## We're here for life's big challenges

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. Our men's and women's health support services help employees connect easily and confidentially to expert support, education and guidance for the issues that are most important to them.

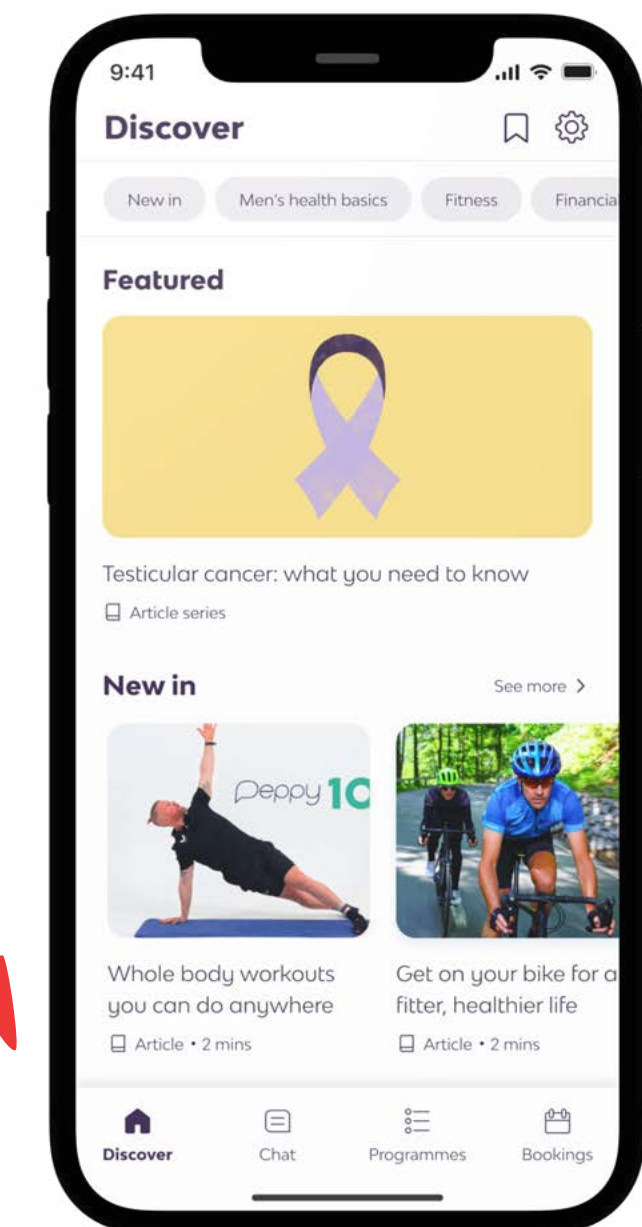
When you offer this service, an employee will be directed to the relevant available service, which we offer together with digital-health app, Peppy. These services enable your people to take control of their wellbeing in a way that's comfortable and fits into their busy lives.

### Connecting your services

On adding any of these services, clear signposting will be added to the app to enable your people to move between services with ease.

### Together with Peppy

### What's included



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.

# Early parenthood, fertility and menopause support

## Here during life's most personal journeys

When it comes to planning a family, becoming a new parent or going through the menopause, it can be hard to know who to turn to for guidance and support. Working with digital-health app Peppy, we can offer your employees the power to find their way more confidently through life's most personal challenges.

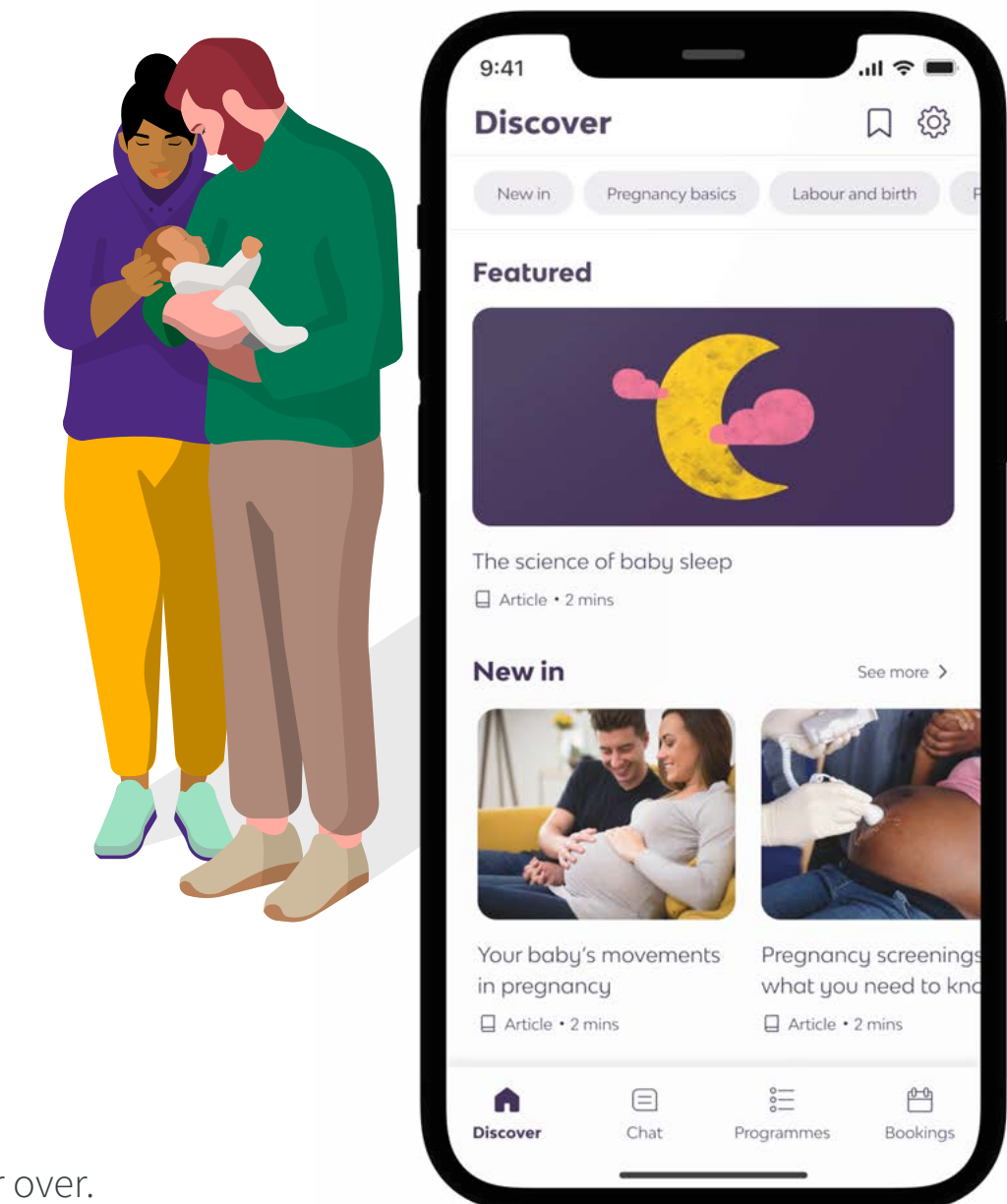
Choose from fertility, early parenthood and menopause support to give your people direct access to expert support for the issues that really matter to them.

### Connecting your services

On adding any of these services, clear signposting will be added to the app to enable your people to move between services with ease.

### *Together with Peppy*

### What's included



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.

# Crisis Call (critical incident management)

## We're here for you in a crisis

Whether you're facing an incident that's hit the headlines, or something as shattering as a colleague bereavement, shared trauma can have a deep and long-lasting effect on your workplace. No matter how robust your business continuity planning may be, it's often the human aspect and the support you offer your people that proves the key to an effective personal, team and business recovery.

We'll help you build counselling and emotional support into your health and wellbeing programme – and we'll be there to support you and your workforce the moment you face a critical incident or trauma.



# Supporting your ongoing success

If you have a corporate private healthcare scheme, an EAP or a wellbeing programme with us, you can also benefit from:

## Communication support at every turn

Whether promoting available services or setting out an annual comms plan, we're here to both kickstart your strategy and help you maintain momentum with accessible, relevant content that will engage your people and motivate them to proactively manage their wellbeing.

Our [Health and Wellbeing calendar](#) connects you to our expert-curated wellbeing content and, crucially, enables you to plan ahead. You can utilise upcoming events to garner interest and align your wellbeing plans with our online content, which is free to explore, download and share across business units. It's all designed to help you keep health promotion timely, relevant and inspiring throughout the year.

## Dedicated account management

Your dedicated account manager will get to know you and your business. They'll understand the ins and outs of your health and wellbeing programme and be your consistent point of contact, on hand to ensure you're getting all you can from each service. Just contact them with any questions or requirements.

## Access to gym discounts

Our Huddle and Nuffield Health fitness offers make it easier for your employees to keep fit in a way that works for them. With offers available to your whole workforce, we'll support health engagement across your business. Terms apply.

## Insight to fuel your strategy

What you can't measure you can't manage. Central to all services with AXA Health is rich management information to show usage, trends and return from your investment. Your account management team is here to provide guidance, so you can see year-on-year improvements.

## Embedded physiologist

We have a track record of success in supporting organisations of all sizes to deliver impactful programmes. You can add an expert into the heart of your organisation to deliver your wellbeing programme. We can offer you the option of embedding a dedicated physiologist into your team (on an FTE basis). You'll gain best practice learning and expert insight, coupled with increased appreciation and understanding of the unique nature of your business.

You'll be able to utilise their time to deliver across your programme. They can carry out assessments and coaching, as well as seminars and webinars, with the added advantage of flexibility – adjusting to the unique demands, needs and requirements as your strategy requires. A great way to further enhance and tailor your wellbeing programme, making it agile by design.

## Consultancy to shape your programme

Whether seeking to review existing activity or implement a programme from scratch, our AXA Health Wellbeing Consultants can help you gain a fresh perspective.



# Great for your people Great for your business

Based on real feedback



# The art of the possible

Your people. Your business. Your culture.

Our experts will work with you to build a shared wellbeing ambition for your business, whether that's large or small, short-term or long-term. The sky's the limit.

If you're looking to combine services, here are a few examples of how we can help connect activity to support your goals.

# Rate card

| Product                                          | Product description                                                                                                                                                                                                                                                                                                                                                                              | No. of participants | Volumes | Prices                                                                                                                                                                                                                       |
|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AXA Health app and 24/7 online wellbeing support | Both our online employee wellbeing platform and AXA Health app are rich in tools and programmes to engage your whole workforce (16 and over) in their health. Acting as the foundation for your wellbeing strategy the service builds as you acquire AXA Heath services – signposting to all available AXA Health services, as well as housing a fully integrated Employee Assistance Programme. |                     |         | Available to your whole workforce if you have an AXA Health private healthcare scheme, a standalone Employee Assistance Programme, or an AXA Health wellbeing programme. Tiered app pricing may be introduced in the future. |

The following services are sold on a standalone basis.

| Webinars, seminars, training and workshops <sup>1</sup>                                                             | Product description                                                                                                                                                                                                                     | No. of participants          | Volumes                      | Prices              |
|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|------------------------------|---------------------|
| Seminars                                                                                                            |                                                                                                                                                                                                                                         |                              |                              |                     |
| Pre-recorded webinar                                                                                                | An informative and engaging session, pre-recorded by an expert, designed to connect and inspire your workforce around a subject or health theme. Available for 12 months post purchase.                                                 | Unlimited                    | Sold individually            | £475                |
| Live seminar – either as an onsite seminar or live webinar <sup>2</sup> (check service guide for available formats) | An informative and engaging session, delivered by an expert, designed to connect and inspire your workforce around a subject or health theme. Delivered as a 1-hour live session, either in-person or as a live webinar, including Q&A. | See individual service guide | See individual service guide | £645                |
|                                                                                                                     | Other priced seminars                                                                                                                                                                                                                   |                              |                              |                     |
|                                                                                                                     | The value of neurodiversity                                                                                                                                                                                                             |                              |                              | £975                |
|                                                                                                                     | Neurodiversity awareness for line managers                                                                                                                                                                                              |                              |                              | £975                |
| Seminar series                                                                                                      | Grow a deeper team-wide understanding on a subject area with a 6-part series – online either live or pre-recorded. Available for 12 months post purchase.                                                                               | Unlimited                    | 1 x 6 part series            | Live £3,675         |
|                                                                                                                     |                                                                                                                                                                                                                                         |                              | 1 x 6 part series            | Pre-recorded £2,250 |

<sup>1</sup>Prices include travel costs covering reasonable travel within two hours of a physiologist/expert’s location within mainland UK and / or 30 miles of a major UK mainland city. Anything outside of this will be chargeable at £0.45 per mile, plus reasonable accommodation costs. Any other unforeseen costs, which arise during the contract, may be charged on to the client provided it is reasonable to do so. Cancellation fees will apply for onsite services if cancelled within 20 business days and digital services within 10 business days. Full terms and conditions available at [axahealth.co.uk/employee-wellbeing/ratecard/](https://axahealth.co.uk/employee-wellbeing/ratecard/)

<sup>2</sup>For all seminars, delivered as live webinars, a recording shall be made available for one month post the event and deployed online for your employees to enjoy.

| Webinars, seminars, training and workshops <sup>1</sup><br>(either as an onsite seminar or live webinar, <sup>2</sup> check service guide for available formats) | Product description                                                                                                                                                | No. of participants           | Volumes                       | Prices |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-------------------------------|--------|
| Training Workshops                                                                                                                                               |                                                                                                                                                                    |                               |                               |        |
| Health Champions                                                                                                                                                 | Interactive, hands-on sessions where attendees will get the chance to actively engage in activities, discussions, and exercises to learn and develop their skills. | See service guide for details | See service guide for details | £1,035 |
| Health Champions – Refresher                                                                                                                                     |                                                                                                                                                                    |                               |                               | £1,035 |
| Mental Health First Aid – First Aider                                                                                                                            |                                                                                                                                                                    |                               |                               | £3,210 |
| Mental Health First Aid – Aware                                                                                                                                  |                                                                                                                                                                    |                               |                               | £1,470 |
| Mental Health First Aid – Champions                                                                                                                              |                                                                                                                                                                    |                               |                               | £2,120 |
| Mental Health First Aid – Refresher                                                                                                                              |                                                                                                                                                                    |                               |                               | £1,470 |
| Suicide awareness and prevention                                                                                                                                 |                                                                                                                                                                    |                               |                               | £1,550 |
| Suicide Prevention in the Workplace                                                                                                                              |                                                                                                                                                                    |                               |                               | £1,550 |
| Resilience workshop                                                                                                                                              |                                                                                                                                                                    |                               |                               | £1,050 |
| Mental Health First Responders                                                                                                                                   |                                                                                                                                                                    |                               |                               | £5,145 |
| Mental Health First Responders – Refresher                                                                                                                       |                                                                                                                                                                    |                               |                               | £2,300 |
| Mental Health First Responders – Peer-to-Peer                                                                                                                    |                                                                                                                                                                    |                               |                               | £1,200 |
| Employee Mental Health                                                                                                                                           |                                                                                                                                                                    |                               |                               | £1,200 |
| Manager Mental Health                                                                                                                                            |                                                                                                                                                                    |                               |                               | £1,200 |
| Human Resources Mental Health                                                                                                                                    |                                                                                                                                                                    |                               |                               | £1,200 |
| Senior Leader Mental Health                                                                                                                                      |                                                                                                                                                                    |                               |                               | £1,200 |
| Menopause awareness and education                                                                                                                                |                                                                                                                                                                    |                               |                               | £975   |
| Menopause Champions                                                                                                                                              |                                                                                                                                                                    |                               |                               | £1,515 |
| Menopause training for line managers                                                                                                                             |                                                                                                                                                                    |                               |                               | £975   |
| Menopause for HR and Occupational Health                                                                                                                         |                                                                                                                                                                    |                               |                               | £975   |

<sup>1</sup>Prices include travel costs covering reasonable travel within two hours of a physiologist/expert’s location within mainland UK and / or 30 miles of a major UK mainland city. Anything outside of this will be chargeable at £0.45 per mile, plus reasonable accommodation costs. Any other unforeseen costs, which arise during the contract, may be charged on to the client provided it is reasonable to do so. Cancellation fees will apply for onsite services if cancelled within 20 business days and digital services within 10 business days. Full terms and conditions available at [axahealth.co.uk/employee-wellbeing/ratecard/](https://axahealth.co.uk/employee-wellbeing/ratecard/)

<sup>2</sup>For all seminars, delivered as live webinars, a recording shall be made available for one month post the event and deployed online for your employees to enjoy.

| Roadshows and events <sup>1</sup>      | Product description                                                                                                                                                                                 | No. of participants | Volumes            | Unit charge        |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|--------------------|--------------------|
| Onsite Massage                         | 22 x 15 minute above-clothes sessions by a qualified massage therapist.                                                                                                                             | Up to 22            | 1 day              | £850 per day       |
| Wellbeing Event – 3 Practitioners      | Interactive zones covering healthy eating and weight management, pressure management, men’s and women’s health, and physical activity – each zone lasting up to 15 minutes.                         | Up to 162           |                    | £2,610 per day     |
| Wellbeing Event – 4 Practitioners      |                                                                                                                                                                                                     | Up to 156           |                    | £3,060 per day     |
| Wellbeing Event – 5 Practitioners      |                                                                                                                                                                                                     | Up to 150           |                    | £3,460 per day     |
| Employee Assistance Programme          | Product description                                                                                                                                                                                 | No. of participants | Volumes            | Unit charge        |
| EAP Essential                          | This service is here to support your employees with life-management and self-help support, and with EAP Premier, short-term therapy via telephone, video and face-to-face counselling. <sup>2</sup> | Whole of workforce  | Whole of workforce | Price upon enquiry |
| EAP Premier                            |                                                                                                                                                                                                     |                     |                    | Price upon enquiry |
| Online GP service (AXA Doctor at Hand) | Product description                                                                                                                                                                                 | No. of participants | Volumes            | Unit charge        |
| AXA Doctor at Hand                     | Private online GP service that puts better health in easy reach of everyone (sold standalone or available within your AXA Health private healthcare scheme).                                        | Whole of workforce  | Unlimited          | Price upon enquiry |

<sup>1</sup>Prices include travel costs covering reasonable travel within two hours of a physiologist/expert’s location within mainland UK and / or 30 miles of a major UK mainland city. Anything outside of this will be chargeable at £0.45 per mile, plus reasonable accommodation costs. Any other unforeseen costs, which arise during the contract, may be charged on to the client provided it is reasonable to do so. Cancellation fees will apply for onsite services if cancelled within 20 business days and digital services within 10 business days. Full terms and conditions available at [axahealth.co.uk/employee-wellbeing/ratecard/](https://axahealth.co.uk/employee-wellbeing/ratecard/)

<sup>2</sup>Scheduled counselling only available as a feature of EAP Premier.

| Health assessments <sup>1</sup>  | Product description                                                                                                                                                                                                                                                                                                                                                                                         | No. of participants                                                                                  | Volumes                                          | Unit charge         |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------|---------------------|
| Know Your Numbers day*           | 15-minute physiologist-led health assessments, available onsite or remotely, involving tests (including bloods) to help your employees gain an understanding of their health measured against key health markers. Includes consumables and disposables.                                                                                                                                                     | Up to 24 per physiologist per day                                                                    | 1-10 days (onsite)                               | £940 per day        |
|                                  |                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                      | 11-30 days (onsite)                              | £915 per day        |
|                                  |                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                      | 10 assessment or more (remote only) <sup>2</sup> | £90 per assessment  |
| Wellbeing consultations*         | Detailed 30-minute physiologist consultations, available onsite or remotely, to help your employees gain a holistic view of their health and see where they're doing well. They'll complete both a mental and a physical health screen, and learn the steps they need to look after themselves better. Onsite assessments include tests, involving bloods, as well as required consumables and disposables. | Up to 12 per physiologist per day                                                                    | 1-10 days (onsite)                               | £860 per day        |
|                                  |                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                      | 11-30 days (onsite)                              | £825 per day        |
|                                  |                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                      | 10 assessment or more (remote only) <sup>2</sup> | £115 per assessment |
| Cholesterol and glucose testing* | A physiologist onsite for a full day of cholesterol and glucose checks.                                                                                                                                                                                                                                                                                                                                     | Up to 36 per day                                                                                     | 1 day                                            | £1,130              |
| DIY Health Checkpoint*           | A self-service DIY Health Checkpoint onsite looking at key health indicators. The advertised price does not include the return of the checkpoint, which you shall need to arrange and cover the cost of separately.                                                                                                                                                                                         | Up to 72 people per checkpoint, per day                                                              | 1 day (facilitated)                              | £980                |
|                                  |                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                      | 1 month (1 day facilitated)                      | £1,905              |
| Physiologist mixed day           | A half-day of physiologist-led health assessments, looking at key health indicators, followed by an onsite seminar on specific health topics.                                                                                                                                                                                                                                                               | Up to 12 Know Your Numbers or up to 6 Wellbeing Consultations with 1 x 1hr onsite expert led seminar | 1 day                                            | £940 per day        |

\*Employees must be 18 years and over.

<sup>1</sup>Prices include travel costs covering reasonable travel within two hours of a physiologist/expert’s location within mainland UK and / or 30 miles of a major UK mainland city. Anything outside of this will be chargeable at £0.45 per mile, plus reasonable accommodation costs. Any other unforeseen costs, which arise during the contract, may be charged on to the client provided it is reasonable to do so. Cancellation fees will apply for onsite services if cancelled within 20 business days and digital services within 10 business days. Full terms and conditions available at [axahealth.co.uk/employee-wellbeing/ratecard/](https://axahealth.co.uk/employee-wellbeing/ratecard/)

<sup>2</sup>Please note, there must be a minimum order of 10 people for remote assessments.

| Health coaching*<br>(NB: We apply a risk-based model to determine who will benefit from and who will receive coaching – targeting your spend to those needing support and who are ready to change) | Product description                                                                                                                                                                                                                                                                                                                                                                         | No. of participants | Volumes        | Unit charge              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----------------|--------------------------|
| Health coaching*                                                                                                                                                                                   | Personalised coaching <sup>1</sup> for individuals in need of lifestyle changes including weight management, activity and nutrition habits. This is delivered through the AXA Health app.                                                                                                                                                                                                   | 1                   | Up to 3 months | Programme lead led: £245 |
| Mental wellbeing coaching*                                                                                                                                                                         | Expert-led coaching, <sup>1</sup> providing individuals who are facing psychological challenges with additional support in recognising and overcoming barriers to achieving their goals through five telephonic sessions over 12 weeks.                                                                                                                                                     | 1                   | Up to 3 months | Programme lead led: £355 |
| Extended coaching course*                                                                                                                                                                          | A personalised intervention course, supporting individuals with more significant health risks such as elevated blood pressure, high blood glucose or obesity. Using specific coaching frameworks, individuals will be supported in achieving their health and wellbeing goals, as well as learning and strengthening resources to continue on their health journey following the programme. | 1                   | Up to 6 months | Programme lead led: £725 |

| Fertility, early parenthood and menopause support <sup>2</sup> | Product description                                                                                                                                                                                                                                                                                                                          | No. of participants | Volumes   | Unit charge        |
|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------|--------------------|
| Fertility support service                                      | We’re working with digital-health app, Peppy, to give your employees the power to find their way more confidently through life’s most personal challenges. Choose from our fertility, early parenthood and menopause support services and give your people direct access to expert online support for the issues that really matter to them. | Whole of workforce  | Unlimited | Price upon enquiry |
| Early parenthood support service                               |                                                                                                                                                                                                                                                                                                                                              |                     |           |                    |
| Menopause support service                                      |                                                                                                                                                                                                                                                                                                                                              |                     |           |                    |

| Men’s and women’s health support <sup>2</sup> | Product description                                                                                                                                                                                                                                                                                                            | No. of participants | Volumes   | Unit charge        |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------|--------------------|
| Men's health support service                  | We’re working with digital-health app, Peppy, to give your employees the power to find their way more confidently through life’s most personal challenges. Choose from our Men’s or/and Women’s health support services and give your people direct access to expert online support for the issues that really matter to them. | Whole of workforce  | Unlimited | Price upon enquiry |
| Women's health support service                |                                                                                                                                                                                                                                                                                                                                |                     |           |                    |

\*Employees must be 18 years and over.

<sup>1</sup>The personal coach will be a physiologist. An expert coach holds a specific professional qualification i.e. a nutritionist or an expert in heart health.

<sup>2</sup>App users must be 18 or over. Service is subject to Peppy’s fair usage terms.

| Critical incident management | Product description                          | No. of participants | Volumes    | Unit charge        |
|------------------------------|----------------------------------------------|---------------------|------------|--------------------|
| Crisis Call                  | Critical incident support for your business. | On request          | On request | Price upon enquiry |

| Programme expertise <sup>1</sup> | Product description                                                                                                                                                                                                                                                                               | No. of participants | Volumes      | Unit charge                 |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|--------------|-----------------------------|
| Programme physiologist           | An experienced physiologist will act as a lead, embedding in your organisation, working with you over a specific number of days to achieve a target number of assessments and/or variety of services (e.g. Know Your Numbers, seminars). Price excludes consumables and disposables. <sup>2</sup> | Variable            | 31-61 days   | £560 per day                |
|                                  |                                                                                                                                                                                                                                                                                                   |                     | 62-92 days   | £535 per day                |
|                                  |                                                                                                                                                                                                                                                                                                   |                     | 93-123 days  | £515 per day                |
|                                  |                                                                                                                                                                                                                                                                                                   |                     | 124-154 days | £495 per day                |
|                                  |                                                                                                                                                                                                                                                                                                   |                     | 155+ days    | £465 per day                |
| Wellbeing consultancy            | Call upon an AXA Health wellbeing consultant to guide and advise your wellbeing strategy.                                                                                                                                                                                                         | On request          | On request   | Priced based on requirement |

<sup>1</sup>Prices include travel costs covering reasonable travel within two hours of a physiologist/expert’s location within mainland UK and / or 30 miles of a major UK mainland city. Anything outside of this will be chargeable at £0.45 per mile, plus reasonable accommodation costs. Any other unforeseen costs, which arise during the contract, may be charged on to the client provided it is reasonable to do so. Cancellation fees will apply for onsite services if cancelled within 20 business days and digital services within 10 business days. Full terms and conditions available at [axahealth.co.uk/employee-wellbeing/ratecard/](https://axahealth.co.uk/employee-wellbeing/ratecard/)

<sup>2</sup>Consumables charged at £12 per assessment.  
Note, all prices are correct as of 1 April 2025, and are valid until 1 January 2026 and exclude VAT, which shall be included on invoice. Visit [axahealth.co.uk/employee-wellbeing/ratecard/](https://axahealth.co.uk/employee-wellbeing/ratecard/)



## Ready to unlock the value of wellbeing?

**Together, let's create a truly tailored programme for your business.  
Simply contact your AXA Health account manager or one  
of our wellbeing consultants today.**

**Speak to your account manager for more information.  
Or, if you're new to AXA Health, contact us on  
0141 245 4010 or at [wellbeing@axahealth.co.uk](mailto:wellbeing@axahealth.co.uk)**

### **Powered by Spectrum.Life**

To support the delivery of our services and provide impactful experiences for your employees, we're working with Spectrum.Life. Founded in 2018 and supporting over 10 million users, Spectrum.Life shares our commitment to delivering clinical excellence and enabling people to better understand and manage their health.

Working together, we've combined technology and leading clinical services to bring all our wellbeing support into one place and create an effective health and wellbeing solution that engages, empowers and transforms your people. Spectrum.Life is ISO 9001 and ISO 27001 certified, ensuring that the quality of the service/company and the information management systems are kept to a high standard.