



What is an Employee & Clergy Assistance Programme (EAP)?

An EAP is a confidential benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing.

Our EAP service provides a complete support network that offers expert advice and compassionate guidance 24/7, covering a wide range of issues. We strongly believe in providing an EAP service that offers not only reactive support when someone needs it but also proactive and preventative support to deliver the best possible outcomes.

At Health Assured we pride ourselves on offering the highest level of service quality, assured through the calibre of people we employ and our exceptional clinical governance infrastructure.

With Health Assured there really is a better way

Balancing everyday life with the requirements of work and home can create pressures for all of us. Work is a large part of people's lives. With increasing working hours as well as technological developments to support remote working, it is vital to ensure that there is a productive, healthy environment that is conducive to a healthy lifestyle.

Health Assured, in partnership with the Diocese of Oxford, Oxford Diocesan Board of Finance and Oxford Diocesan Board of Education, provides all employees and clergy with complimentary access to an enhanced EAP to assist you in achieving this balance.

Services Available

Health Assured offers cover for you and your immediate family members*, 24 hours a day, 7 days a week, 365 days a year:

- **Life support:** Unlimited access to counselling for emotional problems and a pathway to structured telephone counselling or face-to-face counselling sessions (employees/clergy only) at your convenience.
- **Legal information:** For any issues that cause anxiety or distress including debt management, accountancy, lawsuits, consumer disputes, property, or neighbour legalities (employees/clergy only).
- **Bereavement support:** Health Assured offers qualified and experienced counsellors who can help with grief and related stress plus a team of legal advisors to help with legal issues.
- **Medical information:** Qualified nurses are on hand to offer advice on a range of medical or health related issues. They cannot diagnose but can offer a sympathetic ear and practical information and advice.
- **CBT online:** We recognise the value of self-help tools in dealing with a range of issues, which is why we have a range of CBT self-help modules, informative factsheets, and invaluable advice videos from leading qualified counsellors.

Call the free 24-hour confidential helpline from Health Assured to support you through any of life's issues or problems – 0800 028 0199

*Health Assured define dependants as immediate family members (spouse/partners) and children aged 16 to 24 in full time education, living in the same household.



Introducing the My Healthy Advantage smartphone app

The health and wellbeing of our team members is paramount. This is why we are proud to offer you all access to My Healthy Advantage, Health Assured's comprehensive health and wellbeing app.

Through My Healthy Advantage, you will have access to a range of features, all aimed at improving your health and wellbeing. These include:

Wellness

- **Weekly mood tracker** – Keep track of your financial, physical and general wellbeing via our weekly mood tracker. My Health Advantage uses push notifications to remind you to complete your weekly mood tracker, via a set of simple questions.
- **Mini health checks** – My Healthy Advantage offers a collection of mini health checks within the app for the following: height & weight (BMI), waist, sleep, alcohol, mental health, and fatigue.
- **Four-week plans** – Through My Healthy Advantage, you can access a selection of four week plans all aimed at improving your health, such as quitting smoking, losing weight and coping with pressure. You can reflect on your progress and input diary entries at the end of each week.

User wellbeing

- **Wellbeing articles** – Covering a wide variety of topics, including emotional, physical, and financial wellbeing, legal, housing and consumer issues, retirement, childcare and much more.
- **Personalisation** – Personalise your newsfeed by selecting specific topics that interest you. My Healthy Advantage will generate learning materials tailored to your choices, such as equality & diversity, exercise, and childcare & parenting.

Available for [iOS](#) and [Android](#) devices, you can gain access to My Healthy Advantage with the following login credentials:

Employer code: **MHA162304**

Wellbeing Portal (<https://healthassuredeap.co.uk/>)

In addition to counselling support and advice, we also offer a virtual library of wellbeing information. These informative articles and self-help guides provide support on a range of health and advisory issues, as well as instant guidance to aid of an employee's physical and mental health.

We understand that the information needs to be available in a way that is suitable for you, whenever you require it. From simple lifestyle changes to advice for many of life's most common concerns, the portal offers:

- Interactive health assessment providing personal tailor-made dietary tips and fitness plans
- Fitness and lifestyle advice, such as detoxing methods
- Four-week self-help programmes
- Mini health checks
- Financial wellbeing articles

To gain access to the [Wellbeing Portal](#) you will require the below login credentials:

Username: **Wellbeing**

Password: **RainWolfCave**