



## PULSE

Enhancing employee wellbeing  
to create a healthier workplace

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# HEALTH & WELLBEING

Improving your employee's awareness and knowledge of health and wellbeing will boost your business' performance.

Providing a programme to support their emotional and physical wellbeing will reduce absenteeism, improve productivity and enhance wellness. This service helps you develop a strategy of education and support that can be measured for effectiveness.

At Vested, we work with our partners to help you develop, launch and manage a robust Health & Wellbeing programme. An effective blend of online and onsite services will reap rewards both short and long term in a cost-effective way.



## REVIEW EXISTING

Review your existing protection and healthcare benefits.

- Evaluate whether schemes are still compliant and relevant
- Utilise added value benefits provided by insurers
- Reduce premium costs to create benefit budget
- Benchmark benefits
- Generate ideas to enhance current benefits



## RAISE AWARENESS

Raise awareness of health and wellbeing matters with employees.

- Communicate current health and wellbeing benefits
- Measure employee engagement
- Obtain information on health matters important to them
- Consider new benefits that will add value and support
- Prepare a business case



## CREATE PROGRAMME

Create a structured and coordinated health and wellbeing programme.

- Combine preventative and reactive support
- Introduce online, telephone and face to face support
- Generate meaningful MI to evaluate impact
- Review annually and adapt where appropriate
- Obtain regular employee feedback

**Health awareness, education and support for employees.**

## WHY CHOOSE PULSE?

This service can help you develop a more robust and comprehensive approach by building on the protection and healthcare benefits you already provide. As your business develops and the needs of your employees change, your offering can be adapted to ensure it remains relevant and competitive.

Make a positive difference to your workplace by improving the physical and mental wellbeing of your employees.

### Benefits for employers:

- Be recognised as an employer taking health & wellbeing in the workplace seriously
- Integrate existing protection and healthcare benefits into a broader more comprehensive service
- Reduce your cost of absence and improve employee engagement and motivation
- Improve your awareness of health matters affecting your workforce and improve the skills of your management team to deal with it

### Benefits for employees:

- Improve awareness, perception and knowledge of key health matters
- Increases confidence to address health concerns and issues
- Empowerment to make lifestyle changes to improve overall wellbeing
- Improve performance at work



### GET IN TOUCH.

Please contact Vested to discuss our services further, visit our website for more information or contact our team, who will be delighted to assist you. [Visit our team](#) for contact details.

 [w. vesteddigital.co.uk](http://w.vesteddigital.co.uk)

 [e. employee.benefits@vesteddigital.co.uk](mailto:employee.benefits@vesteddigital.co.uk)

## WHY VESTED?

- We are a specialist adviser in employee benefits, with a qualified and experienced team
- Our benefits system is market leading; designed to reduce your administration and improve engagement
- With our help, your employee benefits will become modern and competitive
- We adopt a proactive approach, helping you save benefit costs wherever possible
- Our remuneration is always transparent - usually on a fixed fee basis
- We collaborate with trusted partners for employment tax, employment law, financial planning and payroll

Vested is a collaboration between the Embark Group and Mazars LLP. We bring a unique combination of knowledge, skills and experience to help you overcome employee related challenges and achieve your aspirations.

**Vested. Levelling the benefits playing field.**