

Prepare, Plan & Perform

your return to work programme





Let's Prepare together

As a nation, we are continuously learning about Covid-19 and its direct and indirect impact on individuals, organisations and communities.

A positive response and recovery from lockdown for organisations is crucial in enabling businesses, and their employees, to navigate the ongoing challenges and uncertainty that this virus is presenting to us all.

The programme is equally beneficial for long term absence cases returning to work.

Impacted individuals will respond in different ways to the pandemic and the changing phases within it. How we offer support to employees is essential to personal and organisational wellbeing.

Taking pro-active steps to support physical and mental health is crucial to ensure that **managers** and **employees** continue to **Prepare, Plan & Perform** to the best of their ability in these challenging and uncertain times.

Working in partnership with you, we can support the individual needs of your employees, regardless of where they are on their return to work journey; from proactive guidance and information to empowering employees to take care of their mental and physical health. Clinical interventions are also available for those who would benefit from treatment.

Empowering managers, employees and teams to be pro-active in addressing:

- Wellbeing
- Early identification
- Support
- Intervention

Prepare

Plan

Perform



Covid-19 Return to Work Health Continuum



Advocate

Work Preparation Video Shorts & Infographics

Regaining your new work routine

- Creating positive thoughts & beliefs about work routine
- Social distancing & control

Getting fit for work

- Sleep
- Lifestyle
- Diet

Work-home balance

- Creating healthy boundaries
- Preventing burnout

Embracing change & uncertainty

- Managing anxiety
- Managing worry

Take 5 at work

- Practical psychological & physical wellbeing exercises that can be used at work

Manager Specific

- Managing Remote Teams
- Managing Change
- Creating Resilient Team
- Leading your Team through Covid-19
- All signposted to your SilverCloud Space



Wellbeing Modules



Collaborate

Work Preparation Programme

Health Coaching Assessment

- Current routine, working pattern & future plan
- Coping strategies, Thoughts & feelings
- Lifestyle check – Diet, Sleep, Smoking/Alcohol Consumption, Exercise
- Outcome measures - WEMWBS
- Mutually agreed goals
- Pathway options
 - 1-1 Coaching
 - Group Sessions
 - MH or MSK Service

1-1 Coaching

- Goal & action plan review

Group Sessions

- 4 week programme in groups of 6
- Shared experiences & discussions
 - **Your** Anxiety & Worry
 - **Your** 'New Normal'
 - **Your** Exercise
 - **Your** Action Plan



Bespoke Unguided Modules



Assess & Treat

Mental Health Service

- Counselling
- cCBT
- CBT
- EMDR
- Training workshops/webinars

Musculoskeletal Service

- Physiotherapy
- Functional Rehabilitation
- Programme

All services are available for virtual delivery where required



Emily's journey



Emily has recently returned to work after a prolonged period of absence after suffering from Covid -19.

She has been worrying about fitting back into her team.

She accesses the **Step One – Unguided Resources**. At the end of the 'Managing Worry' video, she answers a set of questions to help her with setting goals to manage her concerns and is signposted to the Wellbeing modules available via Silvercloud our computerised, app enabled Cognitive Behavioural Therapy platform.



Emily still feels she needs some more support, so she books a place on the "Introduction to Mindfulness" webinar and joins an online Pilates class.

After completing the 4-week programme Emily now has the tools she needs to manage her worry and help her settle back into work with her team.



Emily's line manager wants to support her pro-activeness and suggests she join the "Anxiety and Worry" group session.

Emily accepts and her line manager makes a referral for her to join the programme.



Who are we?

Vita Health Group is an award-winning market leader in workplace Musculoskeletal and Mental Health solutions. We focus on these two most common health challenges, proactively supporting our clients and their employees, helping to maintain a healthy productive workforce.

We provide integrated end to end solutions, covering both preventative and treatment services, to assist both employers and employees in addressing overall health and wellbeing, positively impacting absenteeism and presenteeism. Whatever your employees are facing, Vita Health Group can help.

To find out more about our return to work programme visit [**vitahealthgroup.co.uk/returntowork**](https://vitahealthgroup.co.uk/returntowork)

