

Making People Better



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Who are we?

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

What we do

Our approach provides an integrated end to end solution covering preventative and treatment services. We support both employers and employees in addressing overall health and wellbeing, positively impacting on absenteeism and presenteeism.

- 🌿 **Mental Health** – Delivering positive, responsive and cost-effective solutions for early, evidence-based interventions.
- 🌿 **Physical Health** – Injury management and rehabilitation solutions. Offering virtual, face to face and on-site musculoskeletal/physiotherapy services as well as a nationwide network of quality assured clinics.
- 🌿 **Preventative Health** – Over 40 workshops and digital training modules which improve the health, safety and wellbeing of employees.

90,000+

people cared for

450,000

appointments delivered

1,100

therapists

40+

services and specialities

Mental Health services

The right intervention, at the right time, with the right expert.

Our mental health services help your team **lead healthier, happier lives and reduces the impact of stress and other factors**. This helps your bottom line too with fewer days off work and a more motivated team.

Our solutions are robust, clinically-governed and evidence-based.

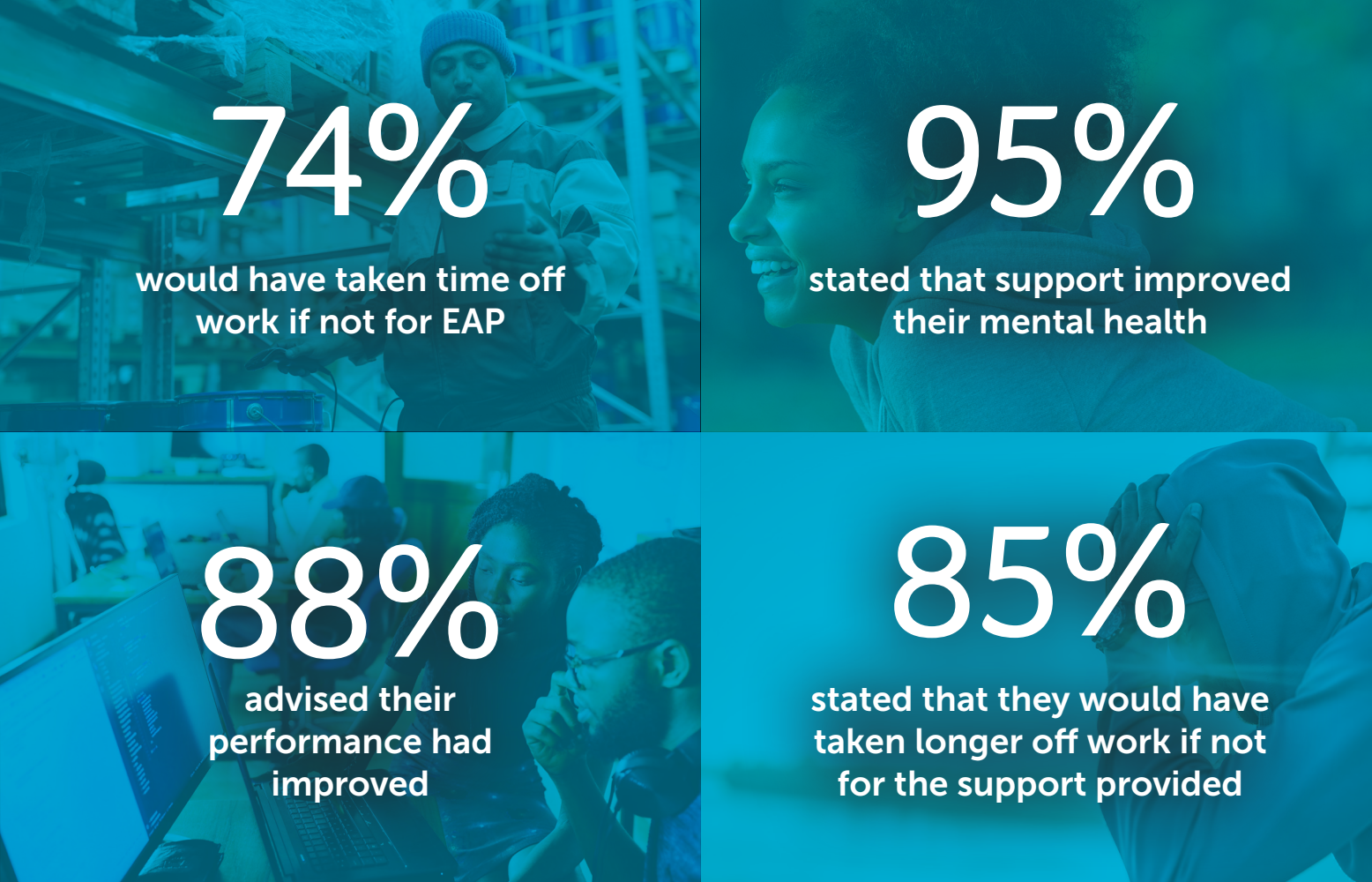
Employee Assistance Programme (EAP)

Vita has provided EAP services in the UK for **over 30 years** and we are extremely experienced in supporting all types of organisations.

We currently support **over 750 different organisations** and **over 2.5m** individuals. We are the chosen partner of industry experts and policy makers.

Our Employee Assistance Programme is a cost effective, strategic workforce tool that enhances employee wellbeing and resilience, impacting positively on productivity, absence, engagement, performance, talent retention, risk management and business continuity.

The service is available 24/7 and is completely confidential. Our specially trained, legal and information team can help to resolve issues around: debt, legal concerns, consumer and care, whilst our counsellors are on hand to manage any emotional concerns. Our manager support team can provide invaluable support to your managers to maximise their team's performance and personal impact and effectiveness.



Mental Health treatment

We have delivered Psychological Therapy Services for **over 10 years and across a broad range of industries**, achieving exceptional recovery and return to work rates.

Our APPTS accredited Psychological Therapy Service is unique and innovative, delivering evidence-based psychological interventions with a specific focus on occupational functioning for those experiencing common mental health problems, such as depression or a range of anxiety disorders.

The service is delivered by specialist mental health practitioners and BABCP accredited Cognitive Behavioural Psychotherapists, assessing the needs of the individual and, through an evidence-based stepped care model.

Physical Health services

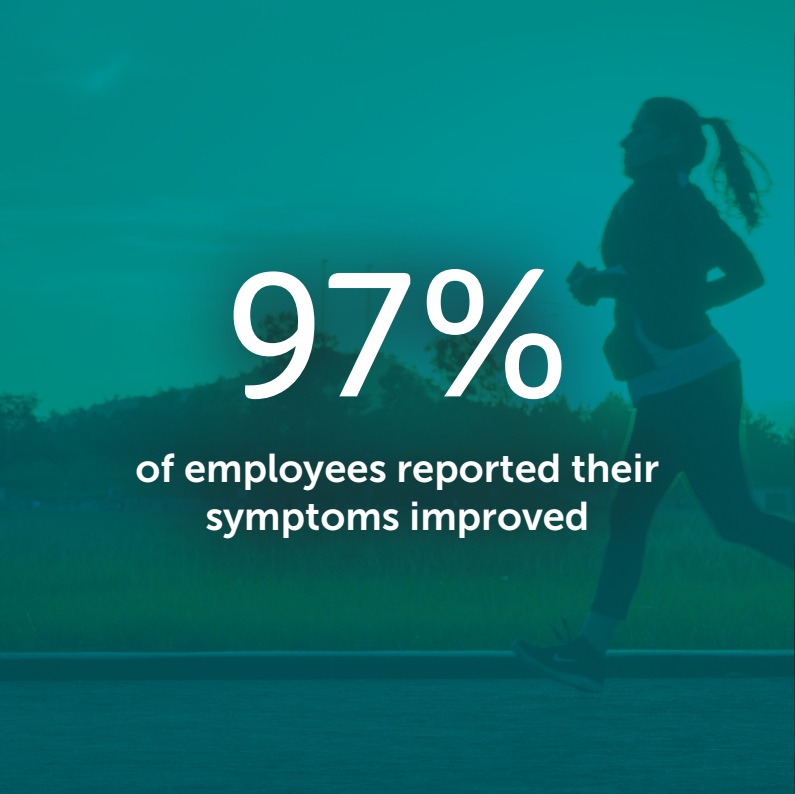
Reducing symptoms and restoring function.

Our evidence-based stepped-care approach for common musculoskeletal (MSK) conditions optimises return to work and makes a real difference to people's lives by reducing symptoms and restoring function.

Our goal, as ever, is to help our patients lead happier, healthier lives. With different options available we ensure the **most effective and cost-efficient treatment is accessible to our clients and their employees.**

The aim is to reduce organisations costs associated with MSK sickness absence, by assisting employees back to work, as quickly and safely as possible, but also taking into consideration a long-term support plan.

- 🌿 **Physiotherapy** – National coverage for physiotherapy treatment via a network of over 850 quality assured clinics.
- 🌿 **Occupational Health Physiotherapy (on-site)** – Our service aims to reduce your organisation's associated costs of MSK sickness absence.
- 🌿 **Online Exercise Classes** – A wide range of wellbeing and exercise classes presented live, by qualified physiotherapists, designed to treat the body AND mind.
- 🌿 **Functional Restoration Programme** – For those individuals who experience persistent or chronic musculoskeletal conditions. These conditions severely effect both work and personal quality of life. It is aimed at individuals who haven't responded to other medical treatments.



97%

of employees reported their symptoms improved



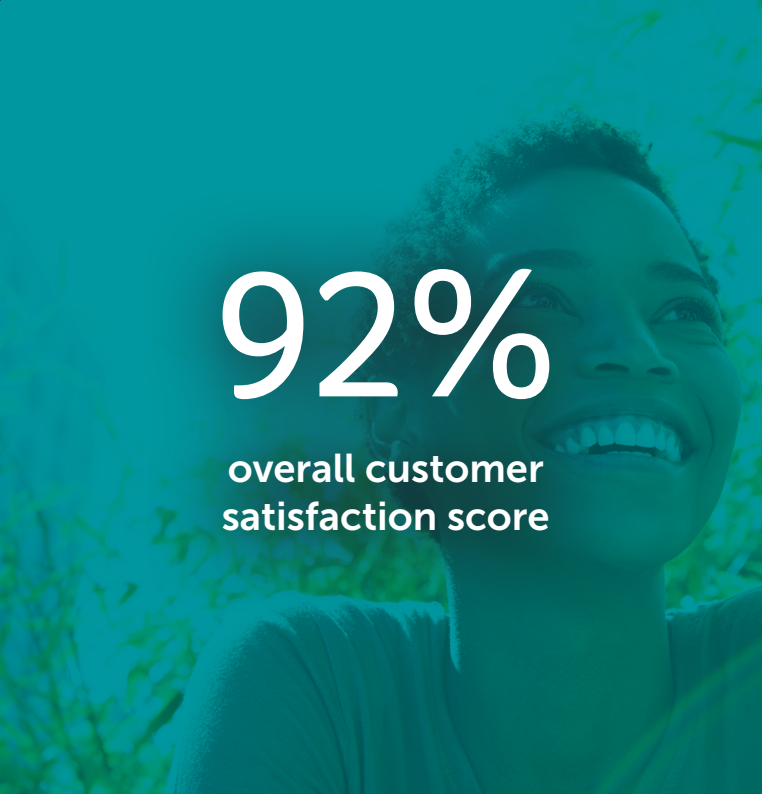
317%

average return on investment of £3.17 per £1 invested



89%

stated that support improved their mental health



92%

overall customer satisfaction score

Preventative Health services

Flexible, bespoke and innovative.

Preventative health focuses on education and training. Our services provide clients with a flexible approach of both face-to-face and digital delivery, enabling access to all employees.

Our programmes have demonstrated a significant reduction in absenteeism, improved performance and enhanced engagement with employees reporting feeling valued by their employer. Our training courses include:

- 🌿 **Mental Health** – Mental Health Advocacy, wellbeing, managing stress, trauma
- 🌿 **Physical Health** – Manual handling, DSE assessor training, safe office working
- 🌿 **General Wellbeing** – Improving sleep, diet & nutrition, staying active, women's health
- 🌿 **Work focused support** – Managing change, managing remote teams

Ergonomic assessments

We specialise in the delivery of evidence-based and cost-effective ergonomic assessments. Whether you need a simple workstation assessment or support on a much more complex project we can help.

- 🌿 Workstation assessments
- 🌿 Vehicle assessments
- 🌿 Ergonomic consultancy



Want to know more?

We have a team of specialists ready to discuss your requirements and provide a range of solutions that suit your strategy, objectives and budget.

You can get in touch at:



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vitahealthgroup.co.uk