



HEALTH AND WELLBEING SERVICES



MEMBERSHIP BENEFITS

As a valued member of Education Mutual, you have access to a range of health care benefits to support you in the workplace.

The services we offer have been developed by our team with over 20 years of experience working with Schools, Academies and their staff, enabling us to target the areas where we can make a real difference to people's lives!

PHYSIOTHERAPY/MSK SERVICES

Education Mutual offers a comprehensive physiotherapy package to our members, helping prevent and reduce absences.

With waiting times for NHS services on the increase, there are often lengthy delays in people receiving vital treatment often resulting in prolonged absence from work.



Our nationwide network of physiotherapists provides timely, effective and efficient therapy both on a face-to-face basis, and remotely via video link. Appointments can be booked at any time, providing a preventative route suited to those taking a proactive approach to their healthcare.



@EducationMutual



01623 287 840



www.educationmutual.co.uk

MENTAL HEALTH SERVICES

With demanding roles in schools, mental health support has always been in high demand, but COVID-19 has exaggerated this.

Education Mutual's health services saw a **350% increase** in mental health support requests during the period of COVID-19.

Mental Health First Aid Training

A certified mental health first aid course will give delegates a greater awareness of mental health, allowing them to detect early symptoms of common mental illnesses and providing them with skills to promote positive wellbeing for themselves and others.



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**350% INCREASE
FOR MENTAL
HEALTH SUPPORT**

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The workshop includes:

- What causes mental ill health?
- Detecting the signs and symptoms of mental ill health
- Highlighting key skills for managing mental health in the workplace, such as: how to listen, what to say and the types of interventions that work best
- An introduction to a range of practical support and resources
- A well-being resource pack



MENTAL HEALTH SERVICES

Counselling

Through our extensive network of quality checked clinics, we are able to offer convenient appointments at times, dates and locations throughout the UK. The patient will usually have to travel no further than 5 miles to see one of our specialists.



What do we offer?

- Face-to-face therapy
- Online support
- Long-term management
- Secure video sessions

Stress Coaching - New for 2022

Education Mutual has added extensive stress coaching services to our health and wellbeing support for 2022, to further improve the mental health and wellbeing of school leaders and staff.

Our certified coaches will work with individuals and schools of all experience levels and sizes to refine their skills.

They can provide guidance to help establish routines, improve levels of wellbeing and maintain a strong and positive mindset, equipping individuals for successful and fulfilling careers and create healthy lifestyle choices.



Nurse Support Service

Our nurse support service is staffed by experienced, registered nurses, who not only understand the physical, mental and emotional needs of those affected by an accident, serious illness or trauma, but who are also accustomed to listening, caring and empathically supporting an individual with their issues.



Nurse advisors take a person centred approach, focusing on an individual's specific needs, helping them to understand their own situation and matching needs to the most suitable healthcare and support services.

Nurses will provide help and support to people suffering from, living with, or recovering from:

- Bereavement from loss of a loved one
- Cancer
- Cardiac conditions
- Lung conditions, such as chronic obstructive pulmonary disease and emphysema
- Medical trauma such as post-traumatic stress disorder and heart attacks
- Mental health problems such as anxiety, depression, stress and obsessive disorders
- Motor neurone disease
- Orthopaedic conditions, including injuries to the limbs, hips and spine
- Multiple sclerosis

Menopause Support Service

The service offers confidential expert advice and support on dealing with menopause which affects around 13 million women in the U.K, with almost half feeling depressed and 1 in 5 taking time off to deal with menopausal symptoms. Our nurse support service can help you understand treatment paths available to you.



24/7 GP HELPLINE AND PRESCRIPTION SERVICE

Your health is our priority

Our GP service gives individuals the flexibility to have a consultation with a General Practitioner.

A membership with Education Mutual gives you unlimited 24/7 access to private GPs. You have the flexibility to have a consultation with a GP in the comfort of your own home or work place. This can be via phone or video link - the choice is yours. You can receive unlimited advice, reassurance and diagnosis wherever and whenever you need it.

Private prescriptions - Should one of our GPs feel you would benefit from prescription medication, they can arrange and authorise this for you. GPs follow GMC best practice guidelines when prescribing remotely and use a unique electronic prescription service for accuracy and safety.



Open referrals and fit notes - Should one of our GPs consider an individual's condition to require further investigation or treatment, they can issue a private, open referral letter, or if necessary a private fit note. These will be emailed to the individual with approval and a copy will be sent to the individual's GP.



Major Incident Support

Following a major incident in a school, we support our member schools with:

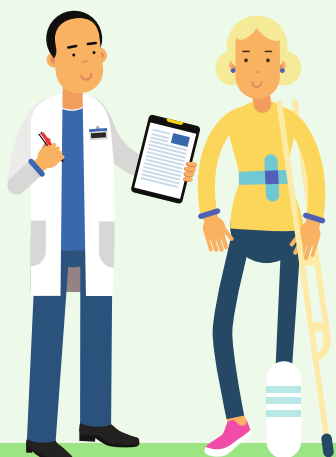
- £2,000 stress counselling package for both staff and pupils
- £1,500 benefit for immediate supply cover
- £1,000 financial assistance for advertising and recruitment
- £500 for HR advice and support



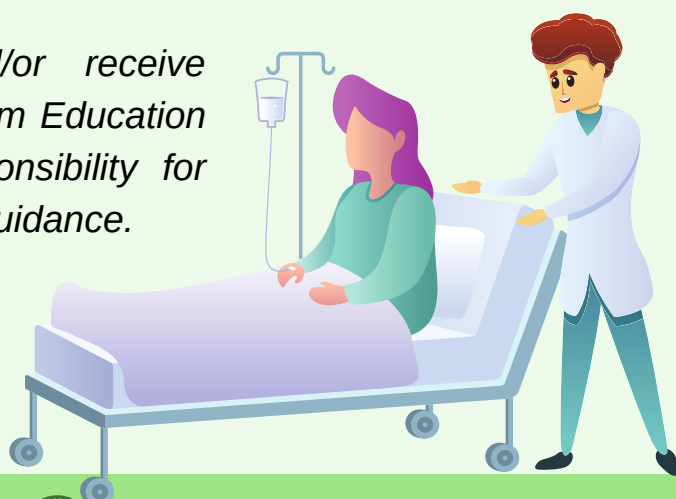
Surgical Assistance Program

There is often a lengthy NHS waiting list for common surgical procedures, meaning employees can remain out of work for a considerable amount of time.

Our surgical assistance program coordinates private specialist surgical procedures for some of the most common procedures, currently experiencing lengthy waiting lists, as well as providing advice on what to do after seeing a specialist. Wherever possible, the surgical procedure will be delivered by the same consultant you have previously discussed your operation with, at a private hospital local to you.



Please do not book and/or receive treatment without approval from Education Mutual. We accept no responsibility for costs if you do not follow our guidance.



HOW TO ACCESS

The 24/7 GP helpline and the Nurse Support Service can be accessed by calling 03331 100 074

All other services can be accessed by completing the referral form on our website at:

www.educationmutual.co.uk

"contact us - healthcare requests"

For general queries please call 01623 287840 or email healthcare@educationmutual.co.uk

