



1Stop4aGP

Access to a GP made easy.



Keeping your employees and their families healthy with our 360° Health & Wellbeing service





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1Stop4aGP: 360°

1Stop4aGP introduces 360° - a next level, client centred service, offering employees a wraparound health and wellbeing package, which includes our core remote GP service.

Currently, only 4-6% of employees use an EAP, when in reality, the need is far greater with 40% of absences currently due to mental health issues.

1Stop4aGP: 360° is our new health and wellbeing service designed to meet the demands of thousands of employees who are being let down by the limitations of an EAP. It promotes positivity amongst employees and helps to solve absence causing issues creating a more productive workforce.

360° is the real-world ready alternative to the EAP, offering personalised, on-demand advice and support from a breadth of expert mental health, financial and legal providers – a package of support, which includes our core remote GP service, unequalled within the employee welfare industry.

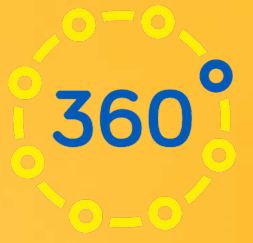




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Our Values



Complete Care

A new level, client centred service that enables your business to offer employees a 360° health and wellness support service.

Reliable Reassurance

You can be reassured that your employees' wellbeing is being handled by market leading organisations.

Connected Expertise

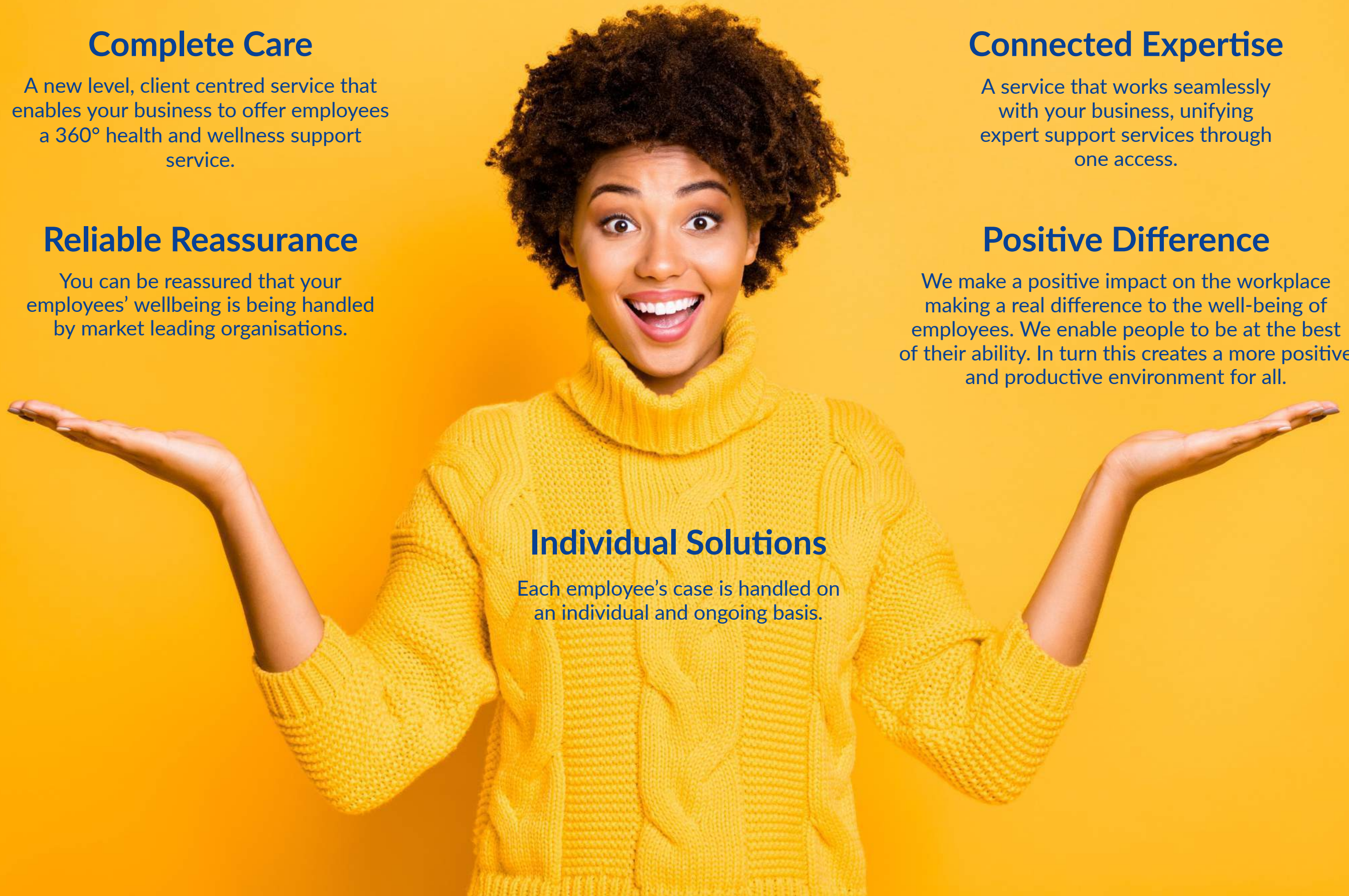
A service that works seamlessly with your business, unifying expert support services through one access.

Positive Difference

We make a positive impact on the workplace making a real difference to the well-being of employees. We enable people to be at the best of their ability. In turn this creates a more positive and productive environment for all.

Individual Solutions

Each employee's case is handled on an individual and ongoing basis.



Why choose us?



There might be other EAP Programs on the market, but at 1Stop4aGP, we think our 360° program is a cut above the rest. Offering a market leading service at a competitive price.

1Stop4aGP: 360°

Access online and telephone GP consultation services, available 24/7.

Full spectrum of legal advice on all personal issues delivered by highly trained legal professionals.

Expert debt management service and in-work welfare support. Includes evaluation of causes and issues, design of payment plan and full representation.

Carer support advice helpline delivered by fully qualified experts in adult social care.

Access to specialist counselling, psychological and psychiatric services including diagnosis and treatment.

Support from a team of case managers who can arrange access to specialist expertise.

VS

EAP

Little to no access to GP provision.

Limited legal information delivered in-house to Citizens Advice Bureau standards.

Limited in-house support for debt issues.

Little to no support specifically for those with care responsibilities.

Little to no access to long term specialist support.

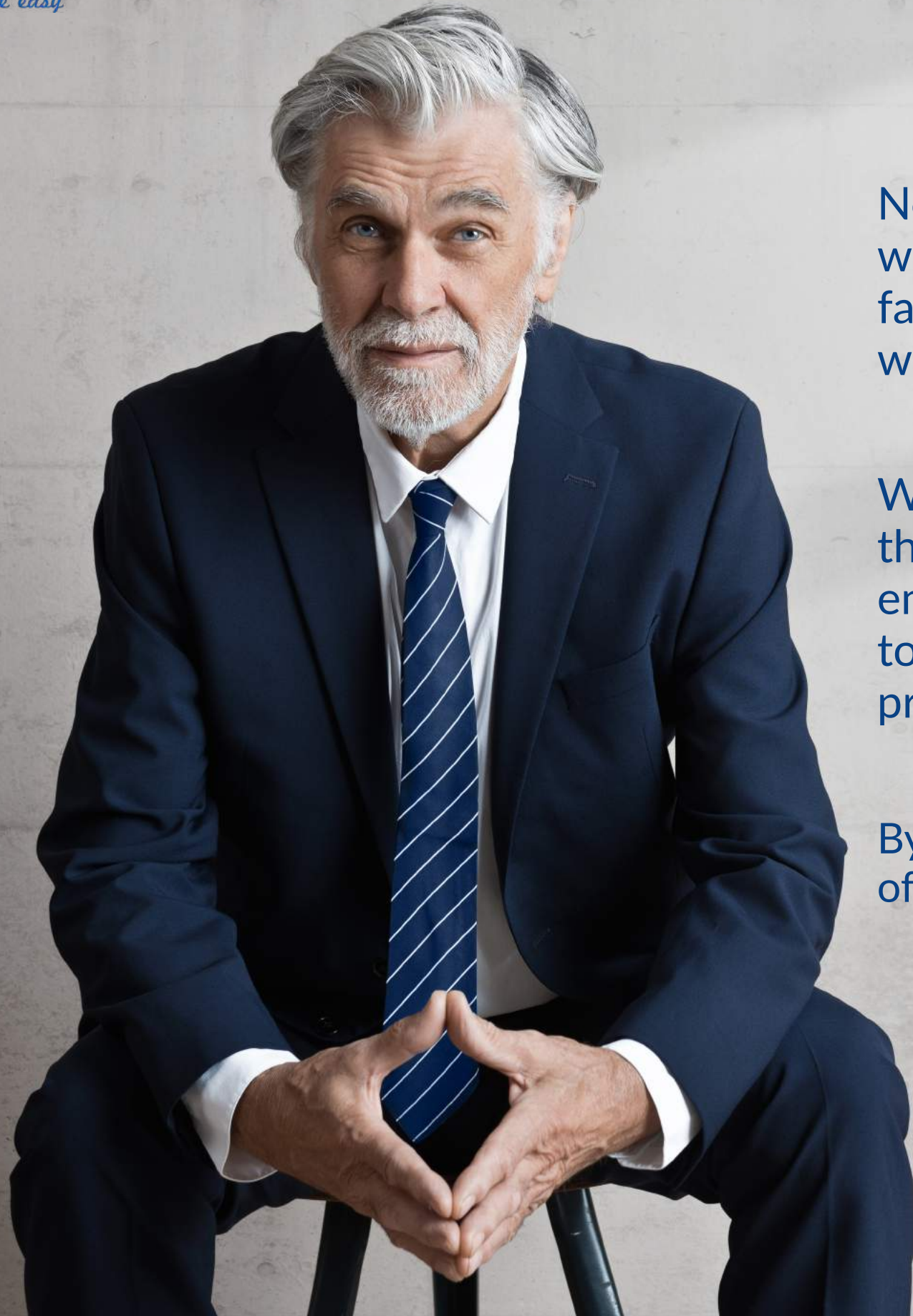
Disjointed service connection. Short term limited support often under time and resource pressure.



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Employee support



No one knows what employees could be dealing with in their personal lives. Sometimes personal factors can affect an employee's performance at work, as well as their health and wellbeing.

We give your employees access to specialists, getting them the help they need as soon as possible. Our employee support services can connect members to GPs, experienced counsellors and legal info for practical guidance on personal issues..

By intervening early, we will help to get to the bottom of the issue before it gets too serious.

Benefits for employers



1Stop4aGP: 360° will seamlessly integrate with your business, unifying expert support services through one access point. This complete health and well-being service will offer your employees market leading, gold standard support.

What can that mean for you as an employer?

- The right support at the right time for everyone
- Helps to reduce absenteeism and presenteeism
- Reduces stress and anxiety across your workforce, leading to increased engagement at work
- Saves you time, as our dedicated case managers will help your workforce to manage their own health and wellbeing
- Wider breadth of services and advice available
- Ideal solution for your company's wellbeing goals and commitments
- Services can be accessed via self-referral, by line managers or occupational health teams



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Benefits for your employees



Each case will be handled on an individual, ongoing basis until a resolution is reached or resolved. The improvement in an individual's wellbeing will not only benefit them. The improvement in their attitude and performance will also positively affect the colleagues around them, creating a positive, productive environment for all.

So, what will your employees get if you sign them up for the 360° Service?

- Access to a GP 24/7 online or by phone
- Personal and highly confidential advice and support
- Dedicated case managers to guide them through the process
- Wide breadth of services and advice delivered by fully qualified experts
- Unlimited call length, no time restraints
- Full access to specialists 24/7 365 including face to face consultations
- Quick access to support thanks to fast-track referrals
- Individual access to online portal and MyMindPal app

How does it work?



Employers:

We will supply you with a dedicated phone number and access code for our portal, which can then be circulated amongst your employees giving them access to the service whenever and wherever they need it. You will also have access to quarterly and annual management information reports. To encourage employee engagement, we will also provide you with a launch pack, explaining the key benefits of 360° and how employees can benefit from the service.

Employees:

Employees can self-refer themselves into the service by simply using the number we will provide. Alternatively, line managers or occupational health teams can refer them. All services are available both by phone and face to face.





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1Stop4aGP: 360° in operation

Let's look at an example of how the combined service worked for an employee:

The client's employee was referred through our employee resilience pathway and assigned a Case Manager. The employee was contacted the same morning to complete an initial referral which included a measure designed to establish the core issues and check if there is any presenting risk. No risk was disclosed, and the employee was booked in for their assessment session within 48 hours. The Initial Telephone consultation was completed by one of our Psychological Wellbeing practitioners from our dedicated Occupational Health Team (OHT). The consultation included a more in-depth investigation designed to give a more comprehensive view of the employee's issues and identify any risk. Additionally, the assessment included an in-depth discussion to establish the employee's subjective wellbeing, exploring the main issues the employee was currently facing.

Checks were made for current GP involvement, any previous counselling, the employee's current support network, to establish therapy goals, provide signposting and therapy resources, and collaboratively decide next steps for the therapy. As part of the assessment, it had been ascertained that the main issue the employee was facing was severe anxiety and rumination, preventing them from adequately carrying out work tasks. The employee felt this had built up due to a few factors, including their partner's health scare and some deadline issues at work. The employee was subsequently booked in for their next session with one of the counsellors from the OHT. The internal therapy assessment form was completed, and the recommendation report was sent back to the Case Manager the same day for review. In the employee's first session, there was an exploration of their main issues and how they might work towards achieving a satisfactory balance in their life.

By the second session, the employee's assessment score indicated their level of distress had halved. At the third session, the employee felt ready to be returning to work, feeling they had been able to process and resolve the issues presented at the initial assessment. There was a mutual agreement with the OHT, Case Manager and the employee to end the sessions at this point. The discharge report was sent through to the Case Manager who signed off the employee's case and the employee returned to work.



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Complete the simple agreement form which requests:

- Business name and address
- Contact details
- Email address of primary contact in the business
- Total number of employees

Once we have received your online Direct Debit Mandate, we will send you an email confirming the start of service including:

- Employer welcome pack
- Employee instructions on how to access the service
- Company Master Code

Cover commences on the 1st day of the following month of your sign-up to the service.



360



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www.1stop4agp.com