

Ceridian

Health and Wellness Programme

Help keep your staff healthy at work

When your staff are unwell, your business suffers. Through sick days for either illness or injury, having employees not at work affects your bottom line.

Ceridian's Health and Wellness Programme is designed to enable you to build a healthier workforce and help your organisation enjoy increased productivity, improved morale and make a positive impact on your absence management.

A combination of assessments, advice and reporting highlight your organisation's health issues. This allows you to launch targeted initiatives that will help build and retain a healthy workforce.

HEALTH RISK ASSESSMENT

Helps employees focus on their overall well-being

The Ceridian online health risk assessment is easy-to-use and completely confidential. From nutrition to fitness, it's a sophisticated tool that analyses both lifestyle behaviour along with medical history to help employees recognise health risks.

Once completed, employees receive immediate feedback, helping them to set positive health and lifestyle goals. Plus, with 24/7 access, employees can make continuous improvements to their overall wellness.

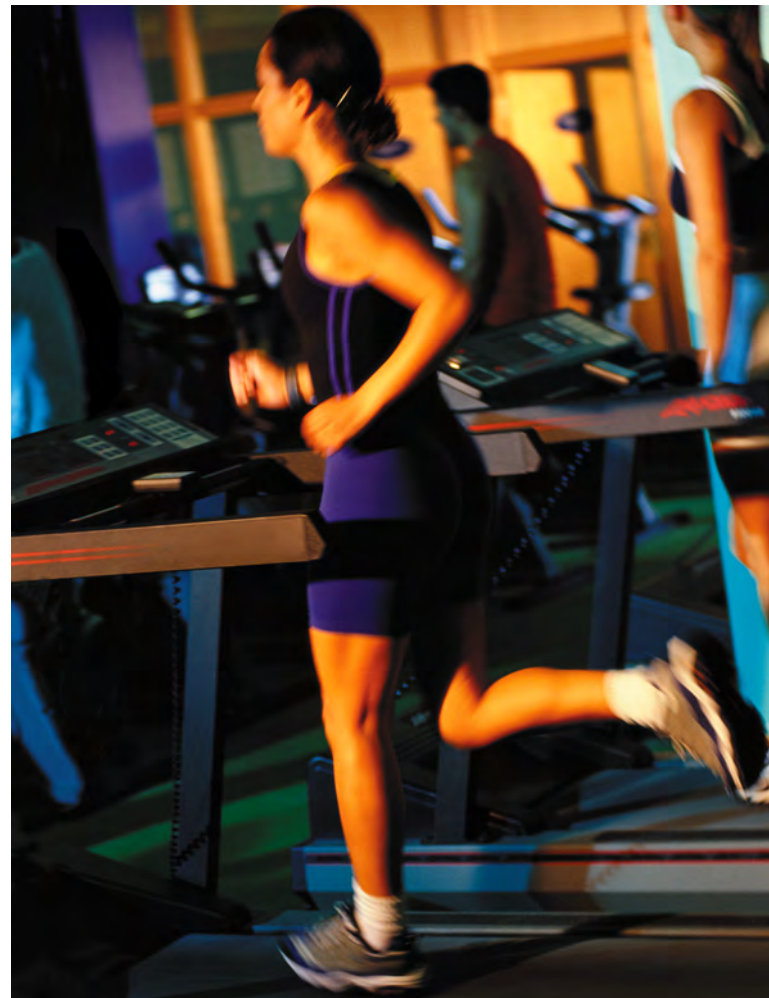
Employees will also have access to an exclusive online health library with a wealth of articles, tip sheets and related web links, giving them the support they need whenever they need it.

HEALTH ADVISORS

Support individuals, increase success rates and reinforce lifestyle changes

Choosing Ceridian's Health and Wellness Programme provides your employees with more than just online assessments and tools. Health Advisors are on hand all year round to facilitate behavioural change on a one-to-one basis.

By telephone or email, their support and encouragement helps to reinforce positive long-term lifestyle changes and increase the success rate of any initiatives that are run.



Reporting – Generate proactive, targeted interventions

Based on the results of the employee health risk assessment, the programme generates aggregated data reports for you, the employer. These reports highlight the biggest health issues within your organisation, as well as the readiness to change. Reports can be customised and generated in real-time, providing your organisation with the ability to access key data at a moment's notice.

These reports provide you with the in-depth knowledge that will enable you to launch proactive, targeted change management initiatives to continually improve the well-being of your workforce.

Key benefits to your business

Positive absence management

Healthier staff take less time off work. Through both personal plans and proactive initiatives, promoting a healthier workforce will enable you to cut absence from work and have a positive impact on your organisation's bottom line.

Increased productivity levels

Healthier staff are more energised and productive. Proactive measures to help your staff get fitter and healthier will have many positive effects, from managing stress to improving sleep.

Become an employer of choice

Healthier staff are happier staff. Ceridian's Health & Wellness Programme sends a clear message to your staff that you are a caring employer. With competition fierce for quality staff, ensuring that you develop an effective recruitment and retention policy is crucial for the success of your business.

A healthy workforce

- Has fewer absences
- Functions better under stress
- Has less injuries and physical problems
- Is more productive
- Has a more positive outlook

Why choose Ceridian?

Ceridian is one of the largest providers of human resource services in the World. We deliver a range of end-to-end integrated outsourced services including payroll, performance management, flexible benefits and employee assistance programmes. Globally, we serve more than 25 million employees on behalf of 110,000 businesses.

LifeWorks™ from Ceridian

A phone and web-based Employee Assistance Programme (EAP) that helps employees manage their home and work commitments – increasing their commitment and productivity.

LifeWorks is a free, confidential service. Employees can pick up the phone at any time and speak to experienced consultants and counsellors, who will provide advice and support for issues covering finance, health and emotional well-being.

They can also log onto a website that has relevant information, downloads and links to other resources.

The service is available 24/7, 365 days a year for both employees and their immediate family.

We already serve over 200,000 people in the UK, giving us 10% market share, so you know you're putting your employees' lives in safe hands.



Call us today to find out more on **0800 733 337** or email **info@ceridian.com**



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