



healthyperformance®

Remote Worker Wellbeing

Easy to implement and cost effective online solutions

tab



mywellbeingcheck®

Our [online assessment](#) tool takes just 5-6 minutes to complete and produces a personalised and confidential report for up to 9 wellbeing areas. Your company report provides a unique overall wellbeing score, plus anonymised question responses to help you measure wellbeing and identify any risk across several key areas of wellbeing.

pascal®

Our innovative [mental health support platform](#) allows users to gauge where pressure is most prevalent in their lives. Upon completion of a short assessment users receive a personalised report providing guidance and support across 8 home and work pressures. Utilise your company report to benchmark and proactively identify hotspots and trends to tailor your mental health strategy.

WEBINARS



Our series of [health promotion webinars](#) are a great way to engage employees across a wide geographical area, those working from home or where onsite promotions are not suitable.

take5

Our **FREE** Take5 resources library contains hundreds of videos, podcasts and downloadable resources covering a wide range of wellbeing topics. Please visit <https://www.healthyperformance.co.uk/resources> to find out more.

Please contact us to find out more

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