



Welcome to the December issue of the Healthy Performance newsletter! I think it's safe to say that 2020 has been one of the most challenging, frustrating, exciting and empowering years that we have had at Healthy Performance.

What a year!

We started the year with a packed calendar of bookings across all our products and services, with the vast majority being onsite at our client locations.

However, with lockdown in March we suddenly found ourselves unable to do one of the things we love doing – having face to face interactions with clients and their employees helping them to stay happy and healthy. We also had to suddenly adapt in the same way that our clients did – by getting our team working remotely which we managed to do in just 2 hours thanks to our fantastic Operations team.

However with our broad mix of services it meant we could continue to support clients by focussing on online solutions including MyWellbeingCheck® online lifestyle assessments, Pascal® (mental health platform) and our large range of webinars.

For these services we saw a huge increase in usage during lockdown as clients understood the impact that lockdown was having on their employee's wellbeing.

We also continued to develop and innovate behind the scenes launching 3 new services in just 4 months thanks to the collaboration of our Digital, Sales and Marketing teams:-

- **The world' first digital flu voucher saw us issuing over 40,000 vouchers!**
 - Covid-19 antigen testing service
 - Covid-19 antibody testing service

At the same time we secured our Cyber Essentials Plus accreditation for the third consecutive year and further developed our internal processes to support ISO9001. Not to mention of course our updated company values (Innovative, Inspiring and Impactful). So, all in all it's been a busy and productive 2020 despite the obvious challenges almost everyone has faced.

We're positive about 2021

We feel very positive about 2021. There are some hugely impressive medical advances being made with a Covid-19 vaccine, which hopefully will allow us all to get back to some degree of normality sooner rather than later.

We are ultra-excited about making our wellbeing solutions available to more clients and employees, and inspiring them to become healthier and happier. We are already working on more new services to improve employee health and wellbeing in the workplace (be that at home or onsite), and enhancing our digital flu vouchers to have more pharmacies on board amongst other improvements. As always, we will of course share updates in due course.

All that remains is for me to say thank you to you, our clients, for your support this year and to wish you a safe, healthy and happy Christmas and New Year. I think it's fair to say that 2021 is going to be so much better than 2020, so enjoy time with your families and we look forward to working with you again next year.

Healthy regards - *Wayne*



As we are all aware 2020 hasn't been the greatest of years. So please make sure that you take some time to relax, enjoy yourself and indulge a little over the Christmas period.

One day of indulgence isn't going to ruin your health and while it's okay to appreciate a bottle of wine and box of chocolates, it is important to keep balance in mind.

Not only will a festive binge leave you with a sore head and an unhappy gut, but you could also experience feeling a little down or even depressed. This is because the effects of a high-fat diet overlap with the feelings of stress that are known to play a role in causing depression. Overeating, particularly the high-fat, low-nutrient foods that we are more prone to binge eat over Christmas can lead to depression when done in excess.

When looking at alcohol and our mental health, it's safe to say that many of us have experienced 'hangxiety'. That uneasy feeling you get the morning after a heavy drinking session. This is caused by an influx of Gamma Aminobutyric Acid which gives you that calm and relaxed feeling while drinking. But when you stop, your body experiences withdrawal, with anxiety often following. Add interrupted sleep to the mix, which often happens when drinking to excess, and feelings of depression and anxiety can be triggered.

Now, we don't want to go into the festive period with doom and gloom, this is more-so as a friendly reminder to enjoy yourselves while taking care of both your mental and physical health.

Take care, stay safe and look after yourself!

Get your employees tested for Covid-19 after the Christmas break

With Christmas looming and 'bubbles' of three households being allowed to meet indoors for a 5-day period, there is a risk that you or your employees could pick up Covid-19 and return to the workplace infected in January.

Employees who develop Covid-19 symptoms during the Christmas period should of course follow guidelines and self-isolate at home. But if employees are infected and don't develop symptoms, they will return to work and unknowingly infect others.

We are able to come to your work location and conduct Covid-19 antigen testing* in the first week of January. Bookings needs to be made by Friday 18th December 2020.

To find out more about how we can keep your workforce as safe as possible, please email team@healthyperformance.co.uk or call 0800 170 1777.

*This testing can be done on people who are not displaying any symptoms. [Click here for more info](#)



Onsite Flu Vaccinations Available

Flu season isn't over yet!

Our onsite flu vaccination service can promote a healthy workplace and protect your employees while reducing the cost and disruption of unexpected sick leave. Pharmacies and GP surgeries are struggling to keep up with the demand for flu jabs this year, however, our workplace flu vaccination service comes to you.

Our qualified nurses follow strict PPE processes and protocols in line with Public Health England to ensure Covid-19 workplace safety and can visit single or multiple site locations.

We have got some discounted offers available until the end of 2020.

To find out more about our onsite flu vaccinations, please email team@healthyperformance.co.uk or call 0800 170 1777.