

We now live as part of a society where there is growing concern over people's physical and mental health and wellbeing. The obesity rate has more than doubled since 2004, and there are an estimated 19 million lost work days per year due to stress, depression, anxiety and musculoskeletal disorders.

There are also an estimated 100,000 premature deaths each year which could have been prevented by changes to a person's diet and lifestyle.

At Prohms we recognise the need to support people to improve and maintain good health and wellbeing. We are committed to working alongside businesses and public sector organisations to help introduce positive, achievable changes which will help to reduce the risk of ill-health, support employees in feeling happier, healthier, more energetic and more productive, and also improve staff retention.

wellbeing package one

Wellbeing Policy - tailored to your company, sent via memory stick/e-link/paper copy

Or

12 health and wellbeing awareness posters to display in your workplace on a monthly rotation.

Linked to national/local campaigns, workplace posters are an effective way of subtly increasing awareness amongst employees and improving attitudes to health and wellbeing

Price for e-link – £180

Price for paper copy - £220

Price to include employee health needs assessment and report – £POA

wellbeing package two

Wellbeing Policy – tailored to company

Plus –

5 health promotion posters

A list of national projects/initiatives related to health and wellbeing (Dry January for example), and also a list of local/national agencies who help support health and wellbeing promotion (Stop smoking services for example)

A list of recommended wellbeing at work programmes/training/awareness sessions including outline plan for healthy lifestyles session and wellbeing at work session

Presentation slides on awareness sessions on sleep and relaxation/mental health awareness, plus handouts for attendees

Price for e-link content – £460

Price for paper copy - From £510

Plus the option of one staffed training/awareness session delivered to managers/supervisors or employees. Total price including delivered session —£650

Price to include employee health

needs assessment and report – £POA

wellbeing package three

Bespoke packages tailored to your company

Examples of styles include; men's/women's health, drivers/nightworkers wellbeing, stress reduction and mental wellbeing, — we will design the package to meet your needs

Examples of package components - health and wellbeing awareness session slides and handouts, wellbeing policy, staffed training/awareness session for managers/supervisors/employees, health awareness posters, resource e-links as per package two, health screening appointments, manual handling/posture/ DSE input and 1:1 health and wellbeing appointments

Prices will vary according to your needs.

Should you have any specific requests we are more than happy to design a package according to your needs. We look forward to hearing from you.