

Health and wellbeing support on the go

What is BHSF Connect?

BHSF Connect is an app that connects essential health and wellbeing services, putting them at the fingertips of your workforce to help them manage their own emotional, financial and physical wellbeing.

There is no 'one size fits all' approach - with three different versions available, there is a solution to suit your budget and wellbeing requirements.

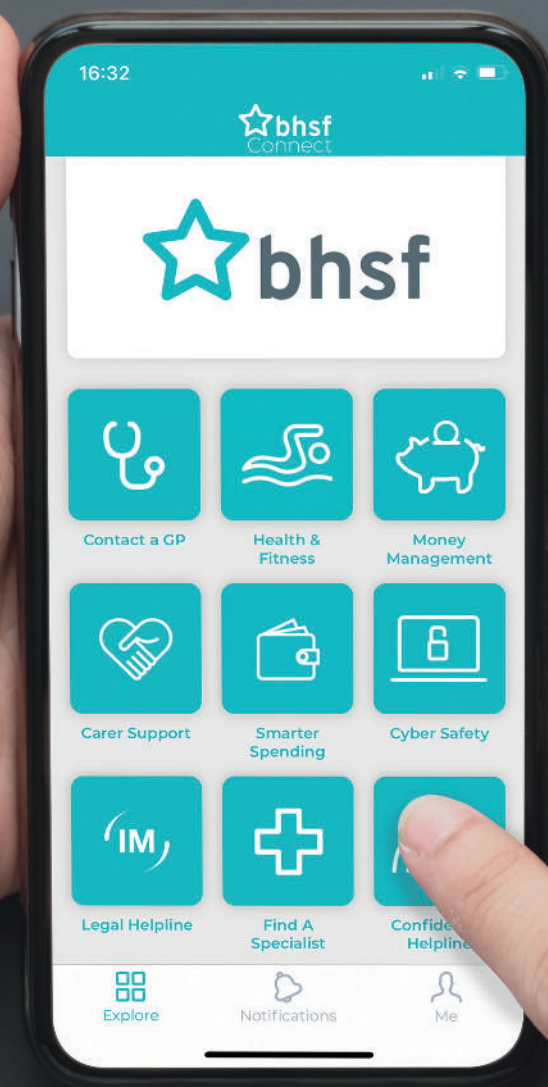
What can that mean for you as an employer?

- Reduced stress and anxiety across your workforce
- Increased engagement at work
- Reduced absenteeism and presenteeism
- Saves you time by helping your workforce manage their own health and wellbeing
- An efficient and effective solution for fulfilling your company's wellbeing commitments

BHSF Connect can help your employees to:







- Manage stress and anxiety at work and home
- Seek medical advice without having to take time off work
- Make a positive impact on their health and fitness
- Save money on everyday spending
- Stay safe online
- Seek money management guidance and expert legal advice

What's in the app?



BHSF Connect not only offers elements of choice but it is also customisable – incorporate your branding and company information to make it your company's health and wellbeing app.

It connects your employees to the following services:

-  24/7 access to a GP from anywhere in the world*
-  Confidential helpline for support with counselling and emotional matters
-  Smarter spending – discounts and special offers on hundreds of well-known brands
-  Discounted gym membership and nutrition advice. An online health checker with advice on healthy eating and exercise plans.
-  Comprehensive care and special needs support for employees with care responsibilities
-  Access to private medical specialists
-  Tips for cyber safety and an email scanning service
-  Expert and practical domestic and family legal advice 24/7 365 days
-  Impartial and confidential debt and welfare benefits support

How do employees sign up?

When you choose BHSF Connect as your company's health and wellbeing app, it's simple to get your employees connected.

1. Provide your employees with instructions on how to install the app, along with your unique BHSF Connect code
2. Once your employees have installed the app on a mobile device, they simply follow the setup instructions to get started
3. Alternatively, you can upload your employees' data and they'll receive a Welcome email with all the information about BHSF Connect and how they access it

Contact our enquiries team today on **0121 454 3601**
or visit www.bhsf.co.uk/bhsf-connect



“BHSF Connect has helped McColl’s to demonstrate our support programme to colleagues in everyday life and has assisted in encouraging a positive relationship between the business and its employees.”

Rebecca Eagle, Employee Relations Manager,
McColl’s Retail Group

McColl’s

“BHSF Connect has been a great assistance. The confidential helpline has helped reduce absences and promote employee mental health and wellbeing. Being able to support employees through difficult times not only helps them feel supported at work but also helps us retain valued staff.”

Stephanie Coffey, HR Advisor, JS Wright



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Get connected

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Lines open Monday to Friday 8.45am to 4.45pm (excluding Bank Holidays)

System Requirements

Mobile apps for Apple will work on iOS 10 and above, supporting iPhone 5, 6, 7, 8, X and XS, iPad mini, iPad 4th generation, Air and Pro.

Mobile Apps for Android will support all devices running KitKat (4.4.4) and above.

Web version available for non-smartphone users.



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Authorised and regulated by the Financial Conduct Authority