



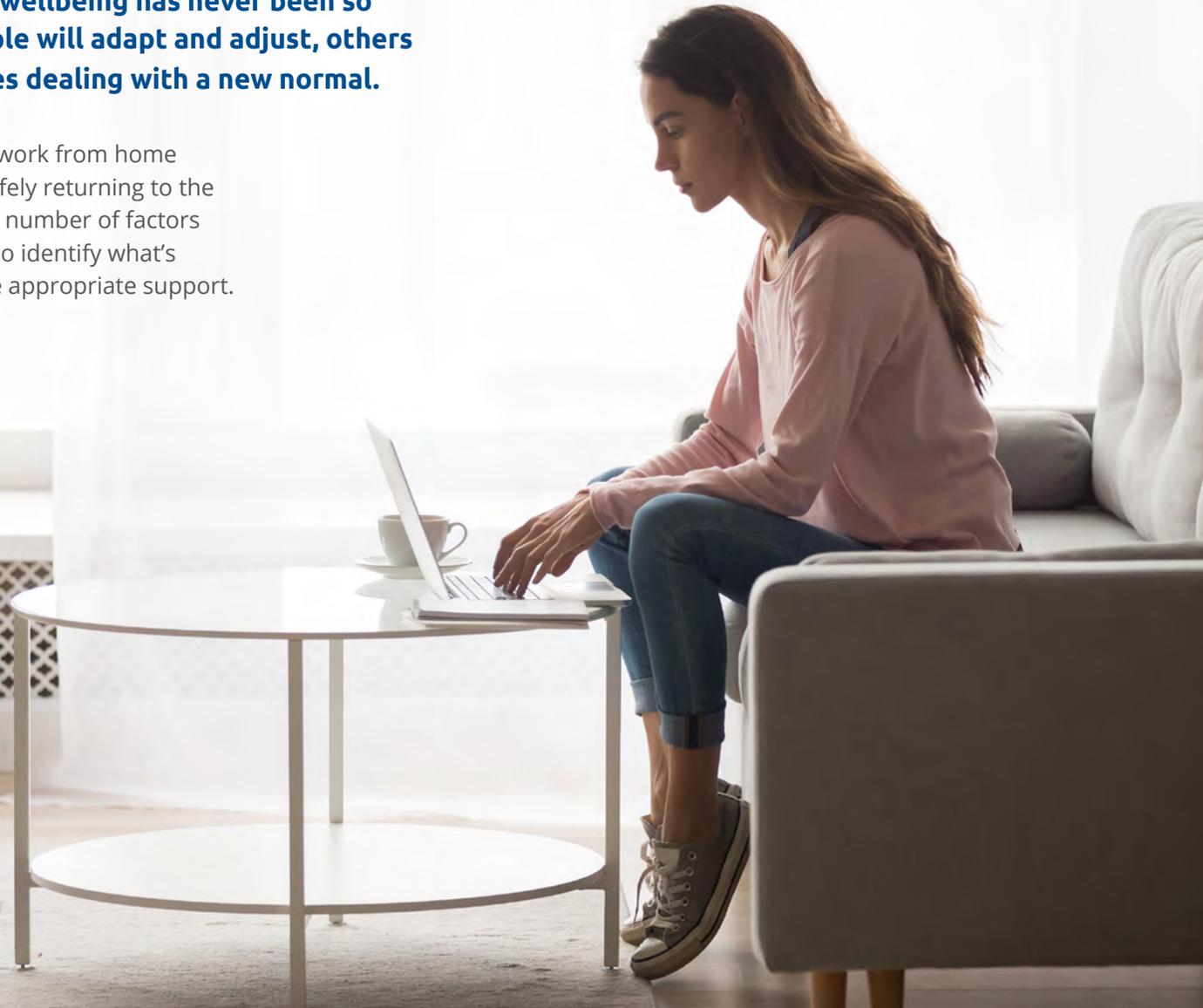
# The Wellbeing Check from Unum

**Wellbeing is the state of being comfortable, healthy and happy. And in a world that has been changed so significantly by the COVID-19 pandemic, employee wellbeing has never been so important. But while most people will adapt and adjust, others may experience some challenges dealing with a new normal.**

Someone may be finding it difficult to work from home for long periods, feel anxious about safely returning to the workplace, or be concerned about any number of factors unique to them. But it can be difficult to identify what's impacting wellbeing, and so access the appropriate support.



Available to all  
insured Group  
Income Protection  
customers





## The Wellbeing Check

Carried out over the phone by our in-house Rehabilitation team, our Wellbeing Check provides expert guidance and self-management techniques for employees who may be struggling with their wellbeing – helping them to make realistic changes that can help to improve their performance, mood, energy and productivity.

Our health professionals will consider all aspects of wellbeing – mental, physical, social and financial – and provide a report with recommendations to help employees get connected with the right tools and resources to promote good health and wellbeing.

Initiated with a referral, the service can pro-actively support an individual's wellbeing - enabling them to thrive in the workplace and at home.

**If the answer is yes to all of the following statements, then a Wellbeing Check is the right support.**

### The individual:

- is working
- is covered under the company's Group Income Protection policy
- does not have a medical/long term condition currently impacting them
- has reported/shown a noticeable change in their wellbeing
- is not undergoing performance management

If you answer no to any of these statements then please call our rehabilitation helpline to discuss further on **01306 646 001**

The Wellbeing Check may be suitable for those having difficulty with:

- ✓ Workload
- ✓ Dealing with change
- ✓ The impact of COVID-19
- ✓ Working from home/returning to the office
- ✓ Time management
- ✓ Work/life balance
- ✓ Motivation
- ✓ Personal stressors
- ✓ Resilience
- ✓ Self-care
- ✓ Overall wellbeing

Our health professionals have expertise in a wide range of areas including occupational therapy, occupational psychology, counselling, physiotherapy and nursing.

To make a referral, simply complete [this form](#). For any questions, email us as at [pathway@unum.co.uk](mailto:pathway@unum.co.uk)

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