

Your Confidential Employee Assistance Programme

Information, advice & support 24 hours a day

Contact us on **0345 565 1851**

www.medicash.org/wellness

username: Medicash

+ medicash
A positive approach to health

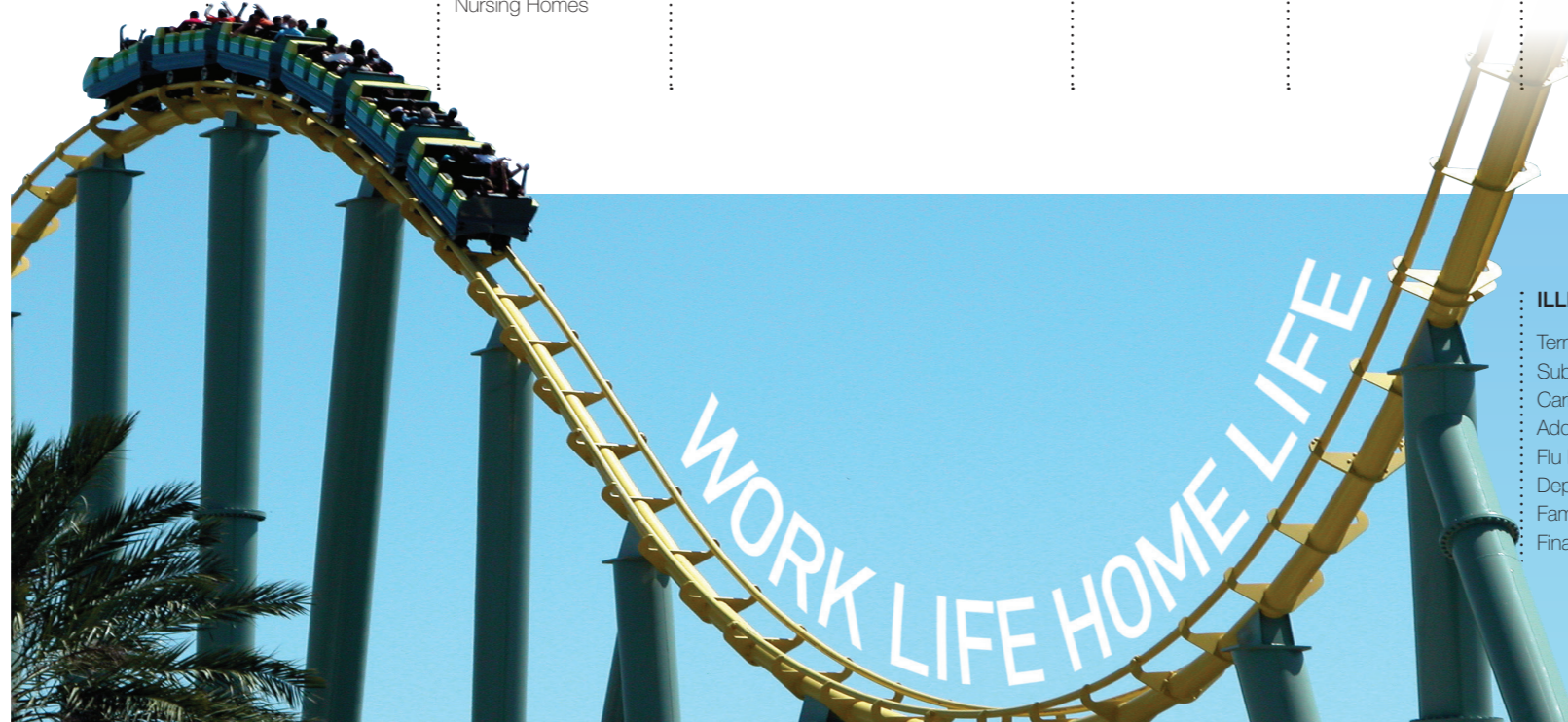
 **Right
Management**[®]
ManpowerGroup
WorkplaceWellness[™]

LIFE IS A ROLLERCOASTER:

We're here to make the ride smoother

Your employer has provided you with a Medicash health plan which includes a free* and confidential service, offering you unlimited access to advice & information and coaching & counselling where appropriate. Available 24 hours a day, 365 days a year, the service is here to help you manage all of life's events and support you through the challenges. Our expert advisers are here to help, whenever you need us. Support on the telephone, online and face to face.

*You only pay for the call at local rate.



WORK/CAREER

- Starting a new role
- Responsibility
- Promotion
- Career Coaching
- Setting Objectives
- Reaching Potential
- Developing Skills
- Change

HOUSING

- Buying & Selling
- Mortgages
- Renting
- Tenancy
- Emotional Impact
- Agents & Solicitors
- Neighbour Disputes
- Residential/
- Nursing Homes

RELATIONSHIPS

- Getting it Right
- Moving in Together
- Marriage
- Joint Finances
- Civil Partnerships
- Starting a family
- Communication
- Dependant care

CHILDREN

- Planning
- Pregnancy
- Birth
- Pre-School
- Care
- Teenagers
- Education
- Adoption/Fostering

MONEY

- Debt Management
- Creditors
- Financial Health Check
- Budgeting
- Consolidation
- Entitlements

YOUR RIGHTS

- Benefits
- Tax Credits
- Flexible Working
- Legal
- Maternity
- Disability
- Consumer rights
- Housing

HEALTH & WELLBEING

- Fitness
- Nutrition
- Healthy Heart
- Weight Management
- Alcohol
- Smoking
- Stress Management

MANAGEMENT SUPPORT

- Managing Change
- Mediation
- Coaching
- Training
- Conflict Resolution
- Communication
- Supporting the Employee
- Delivering the Message

RETIREMENT

- Preparation
- Change
- Relationships
- Staying Active
- Benefit Entitlement
- Wills

ILLNESS

- Terminal Illness
- Substance Abuse
- Caring for Relatives
- Addiction
- Flu Pandemic
- Depression
- Family Support
- Financial Support

CRISIS

- Divorce/Separation
- Bereavement
- Conflict
- Abuse
- Miscarriage
- Bankruptcy
- Harassment
- Bullying

TRAUMA

- Accidents
- Violence
- Theft
- Assault
- Fire
- Intimidation
- Aggression
- Death

EMOTIONAL SUPPORT

- Workplace Pressure
- Anxiety
- Depression
- Stress
- Loss
- Sexual Identity
- Self Esteem
- Neglect

Right Management Workplace Wellness currently support over 500,000 UK based employees of organisations spanning all industry sectors.

As an Organisational Member of BACP we are bound by a strict Ethical Framework for Good Practice in Counselling and Psychotherapy.

We are fully compliant with the Data Protection Act 1998.

Right Management Workplace Wellness operate this Employee Assistance Programme on behalf of Medicash Health Benefits Ltd, a company limited by guarantee and registered in England (number: 258025). Medicash is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

Contact us confidentially, 24 hours a day on:

0345 565 1851

Text phone users dial: **18001** followed by:

0345 565 1851

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