

Employee Assistance Programme

A range of benefits to support you in everyday life including a Health Risk Assessment tool (HRA).



Group Protection

Life is full of challenges

Whether it's your health, finances, personal or work life, there are plenty of issues that can affect you daily.

Ask yourself, am I stressed? Am I not coping as well as I usually do? Do I feel irritable, tearful, unable to concentrate or tired all of the time? Are you worried about money, a family member, your health or your relationship? These could all be signs that you may benefit from some extra support in your life.




Our Employee Assistance Programme (EAP) also includes a Health Risk Assessment tool (HRA). These services are provided by Health Assured Ltd.

The EAP is designed to be a positive, preventative programme. It includes information, advice, training and services to help you deal with events and issues in your everyday work and personal life.

How can EAP help?

Telephone support	Access to a 24/7, 365 confidential helpline. Calls are handled by experienced counsellors and advisers, who will offer support and information in a friendly, non-judgemental manner. Telephone support is also available to the immediate family of the employee we're covering. Immediate family members include spouse, partner, registered civil partner, siblings and children aged 16 to 24 in full-time education, living in the same household.
Legal information service	Free information and links to legal guidance on many aspects such as debt management, lawsuits, consumer or property disputes. Please note this service does not give legal advice.
Medical information	Qualified nurses are available to offer advice on a range of medical or health-related issues. They can offer a sympathetic ear and practical guidance.
Online support	Access to a variety of online wellbeing resources including webinars, factsheets, mini health checks and four-week programmes covering a range of physical and mental wellbeing topics.
Health Risk Assessment (HRA) tool	A tool that enables you to set and track goals to improve your health. Code to access the HRA: worklife Once logged on, the HRA can be found under Wellbeing Resources and can be used after a brief registration.
Mobile Application – 'My Healthy Advantage'	A range of interactive tools, designed to help you monitor and improve your wellbeing from your smartphone. Once personally signed up, you can log in and then access the application at any time.

Accessing support

 Online	 Mobile	 Phone
Visit legalandgeneral.com/eap Access code : worklife Password : worklife	Download the App Search for ' My Healthy Advantage ' app in your Android or iOS device Code : worklife	Available 24 hours a day, get in touch with a qualified counsellor or adviser 365 days a year. FREEPHONE 0800 316 9337

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