

why Screenetics Wellness?

Screenetics Wellness's programmes achieve desired outcomes - positive staff engagement, health behaviour change, productivity improvement and tangible cost savings

Screenetics Wellness's programmes feature a transparent, real-time management reporting system that tracks changes in workforce participation, engagement and health behaviour and their impact upon organisational productivity. This allows us to demonstrate a clear return on investment as a result of each client's health and wellbeing efforts.

get in touch

We'd be delighted to hear from you...

To explore how our health and wellbeing programmes can benefit your organisation please contact us, we'd be delighted to hear from you.

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**Helping people
lead healthier lives**



**A healthier workforce
means a healthier
business**



www.screenetics.com

about us



Engage your staff, reduce sickness absence and improve the health and productivity of your workforce

Screenetics Wellness is a provider of award winning, online health and wellbeing programmes proven to help people adopt and sustain healthier lifestyles, reduce sickness absence and improve productivity. For over ten years we have delivered effective programmes that exceed the goals and expectations of our clients.

Our evidence-based programmes positively influence behaviour by actively engaging people in their own health and wellbeing and provide clear guidance, practical solutions and the support required to achieve personal health goals.

“
Screenetics Wellness’s online programme has engaged over 50% of our workforce as well as helped us to understand key health issues and their impact upon our organisation. With their help we have reduced sickness absence by 15% and returned £2.47 in productivity improvements for every £1 spent on our wellbeing programme.”

Nicky Richards – HR Consultant – Legal & General

A modest investment in a well-designed employee wellbeing programme can lead to significant improvements in productivity and wellbeing for the employee, and, cost savings to the organisation. We are successfully delivering our programmes to organisations of all sizes, from 10 employees to large multi-site organisations in both the public and private sector.

features

Each participant receives a highly personalised programme that includes:

- An on-going health and lifestyle assessment focused on health status, lifestyle habits, work/life balance, emotional wellbeing, medical history, and importantly, health beliefs
- A highly personalised health and wellbeing report to communicate health risks and priorities, commend positive behaviours, explain the benefits of taking action and provide practical solutions to help achieve personal health goals
- An online and email based coaching programme designed to support and encourage participants to achieve their personal health goals
- Seamless access to 6 healthy lifestyle programmes to support individuals with their health goals around exercise, nutrition, weight management, sleep and emotional wellbeing
- Access to local services and support available in the community or workplace
- Automatic personal messaging to “nudge” and encourage progress according to their stage of the programme
- Linked with their health screening assessment



- Access to visual reports to illustrate progress over time
- A private, secure, personal online account from which to access and update their programme wherever and whenever they choose

