



# Get better





# Something's Wrong.

It's why you're here, right? After all, no one downloads a wellbeing brochure by mistake—that would be bananas.

Don't worry. You are not alone. Far from it, in fact.

Every year, UK companies lose an actual fortune to staff absence. Around £40 billion, to be exact. The cost to your firm? Somewhere between £1,200 and £1,500. Not in total, but per employee.





## It gets worse.

Less than half of UK workers (48%) feel engaged by their job—drastically lower than Germany (68%) and the USA (62%). Data also shows one in six of us will suffer a mental health issue at work, and that was pre-global pandemic. Now? Experts expect this to skyrocket. Covid-19 will one day fade, but the mental health crisis it spawns may hang around forever.

So yes, something's wrong. But here's the good news: you downloaded this on purpose. You know money is tighter than ever, yet refuse to accept endless absence and job dissatisfaction as a necessary evil. Even in these topsy-turvy times, you believe your staff could be happier, healthier and more productive.

That's where we come in.

The Business Health Group exists for one simple reason:  
**to help you get better.**

# Our Approach

## Mental Wellbeing

More and more of us are increasingly becoming in tune with our mental wellbeing and mental health support is fast becoming an expectation in the workplace.



## Physical Wellbeing

Supporting physical activity in and out of the workplace creates huge shifts in energy, morale and productivity.



## Nutritional Wellbeing

Food is fuel but that doesn't mean it can't be enjoyed. Help employees to improve eating habits to help sustain peak performance and support immunity.



Employee wellbeing is much more than a box-ticking exercise. It's all-inclusive. Unlike other firms, we'll unlock your staff's true potential by treating their physical, mental and nutritional health.

This three-dimensional approach is shown to improve people's performance at work, and lives at home.

And the benefits don't stop there.

Savings will far outweigh your spend. (One study suggests that, for every £40,000 invested in wellbeing programmes, businesses get nearly £390k back.)

Your employees will feel fulfilled at work. As a result, they're more likely to progress in-house than take their talent elsewhere.

(This, of course, spares your recruitment fund.)

Your staff will have fewer sick days. They'll also eat better. Exercise more. Understand themselves. The ultimate benefit? They will live longer.



# Our Services



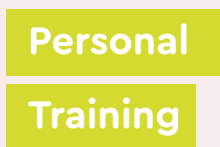
Where education meets motivation. We don't offer lectures (our job's not to tell people off). Instead, we empower your staff to expand their knowledge on various topics—from food and exercise to stress and burnout—sparking behavioural change on their terms.



A scientific way for your staff to learn about themselves, we'll generate a digital lifestyle score based on a person's sleep, nutrition, exercise and stress. The in-depth report then provides feedback and goals for your employees to work towards.



One-to-one sessions where nothing is off-limits, your employees are given time to discuss anything that's on their mind, with a trained professional on hand to guide them.



Adapted for any ability, our exercise sessions boost your workers' focus, by way of fitness. This is proven to increase productivity and reduce absences, with a clear improvement in overall health.



## Health

## Screening

An opportunity for awareness and action alike. We'll carefully assess your employees' health—across a vast catalogue of metrics—and encourage the changes to unlock their potential, both in and out of the office.

## Massage &

## Physiotherapy

Delivered hand-in-hand with BHG fitness classes, our specialists head off any bodily issue before it poses a threat to your employees. This maintains a high-level of health, while keeping absences low.



## Yoga & Fitness

Combining our fitness and mental health offering, these sessions provide a powerful shot of mindful wellbeing. This directly impacts performance, as well as mental clarity and general mood.



## Wellbeing

## Champion

## Training

Culture shifts don't happen overnight. We'll work with your HR team to train nominated members of staff, and help them to help others. This cements your wellbeing strategy, inspires staff to support each other and allows management to focus on running the company.

## Workstation

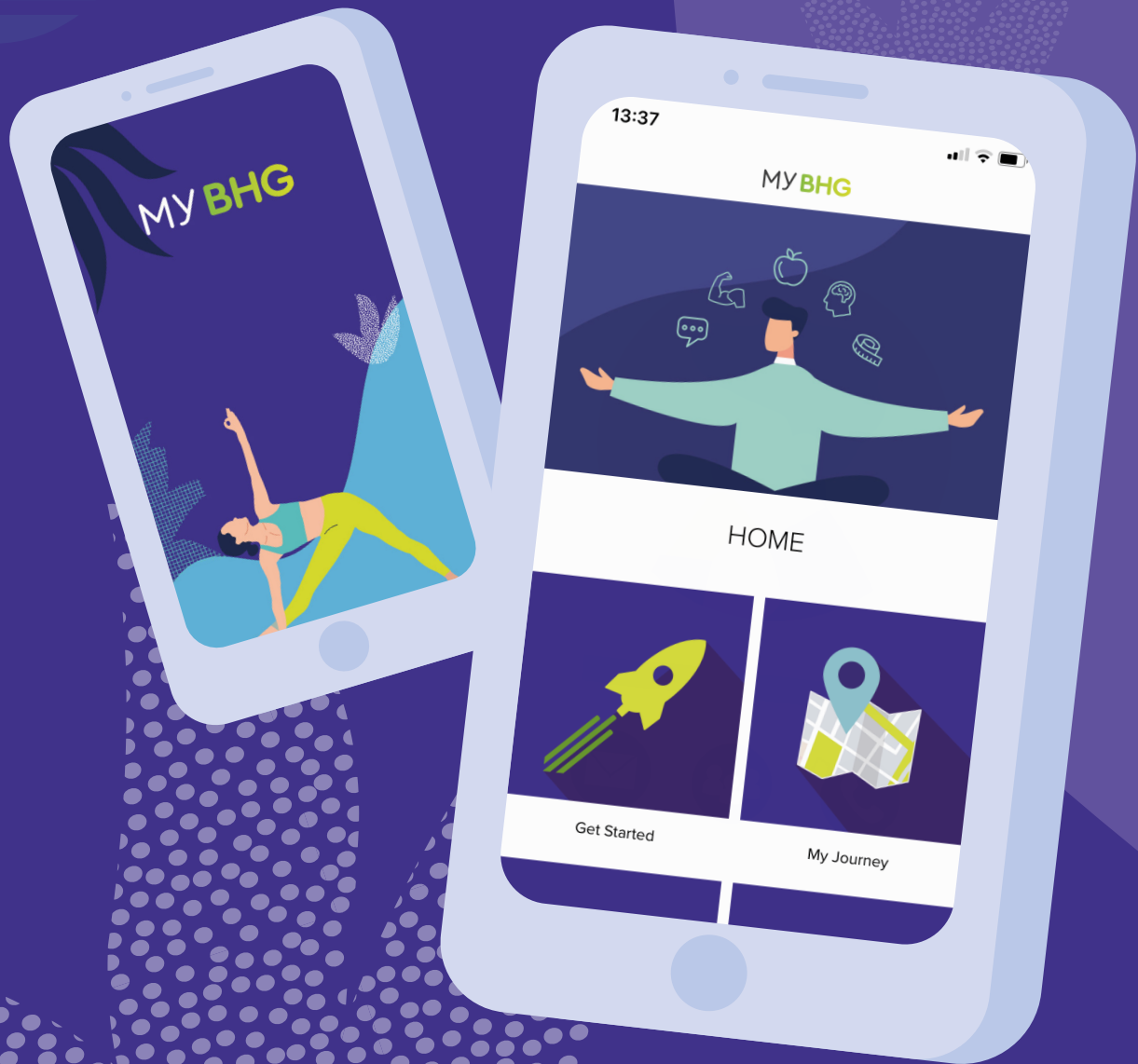
## Assessments



The angle of an office chair might seem insignificant but, should a deskbound worker endure even mild discomfort for 2,000 hours a year, this alone could spark lifelong problems. We'll study your employees' workspace in granular detail, then outline measures to stop issues before they start.

# MY BHG

A dedicated app that provides round-the-clock support to you and your staff.





Features include:



### **Company Feed**

A hub for your employees to share experiences, trade information and support each other through various health challenges.



### **Wellbeing Library**

A regularly-updated audio and video content store, that helps your workers maximise their health and hit peak performance.



### **Healthy Recipes**

Easy to follow meal ideas, curated with both taste and wellbeing in mind. New recipes are added every month.



### **Expert Support**

Employees are never more than two-clicks away from our specialist team.

Even when your staff are out-of-office, we'll be on hand to provide the advice and support they need.



### **Workout Library**

An in-depth archive of exercises, built for every fitness level and tailored to both home and gym environments.



### **Live workouts**

Daily, virtual exercise classes to kick-start the working day.

# Why BHG?

We're not like the others. Where some big wellness firms distract with gimmicks (like brand discounts or flashy ad campaigns), we devote ourselves to detail. Why? Because two decades in personal training, sport therapy and performance coaching showed us that 1% can make all the difference. So, when we quiz someone on their sleep, examine their workspace or suggest whole milk over skimmed, we're not being nosy—honest!—we're looking for marginal gains.

Some may argue it's all a nonsense. That wellbeing programmes have little impact on performance, and hard graft is all you need. We disagree. Luckily, we have data—and results—on our side.

We're also different because we're small. This means we'll work harder for you, and our close-knit team is always there. We're a family-oriented business, and like any good family—we care. Whether day or night, we'll always make time to chat. After all, your health is our business.

To deliver such a personal and dedicated service, we only accept a small number of clients at any one time. Don't miss your chance—book a strategy call today.

We know you'll love what we do. In fact, we're so confident that, if you don't see results in your first 30-days, the first month is free.

**Save money. Empower staff. Get better.**

We can't wait to hear from you

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