



Welcome to Workplace Wellbeing

It's wellbeing, at your fingertips!

your.workplacewellbeing.com

 Workplace Wellbeing

Your new one-stop shop for all things wellbeing

What is the Workplace Wellbeing platform?

Workplace Wellbeing is your go-to for wellbeing resources and access into some of your occupational health services.

It is replacing your previous wellbeing website which could be found at 'wellbeing.tphealth.co.uk'.

Why is the wellbeing platform URL changing?

We are launching a new version of your wellbeing site with even more resources to support you across physical wellbeing, mental wellbeing, social wellbeing and wellbeing at work.

If you're a line manager you can use our handy manager's toolkit to find guidance on a number of topics to help you support your staff.

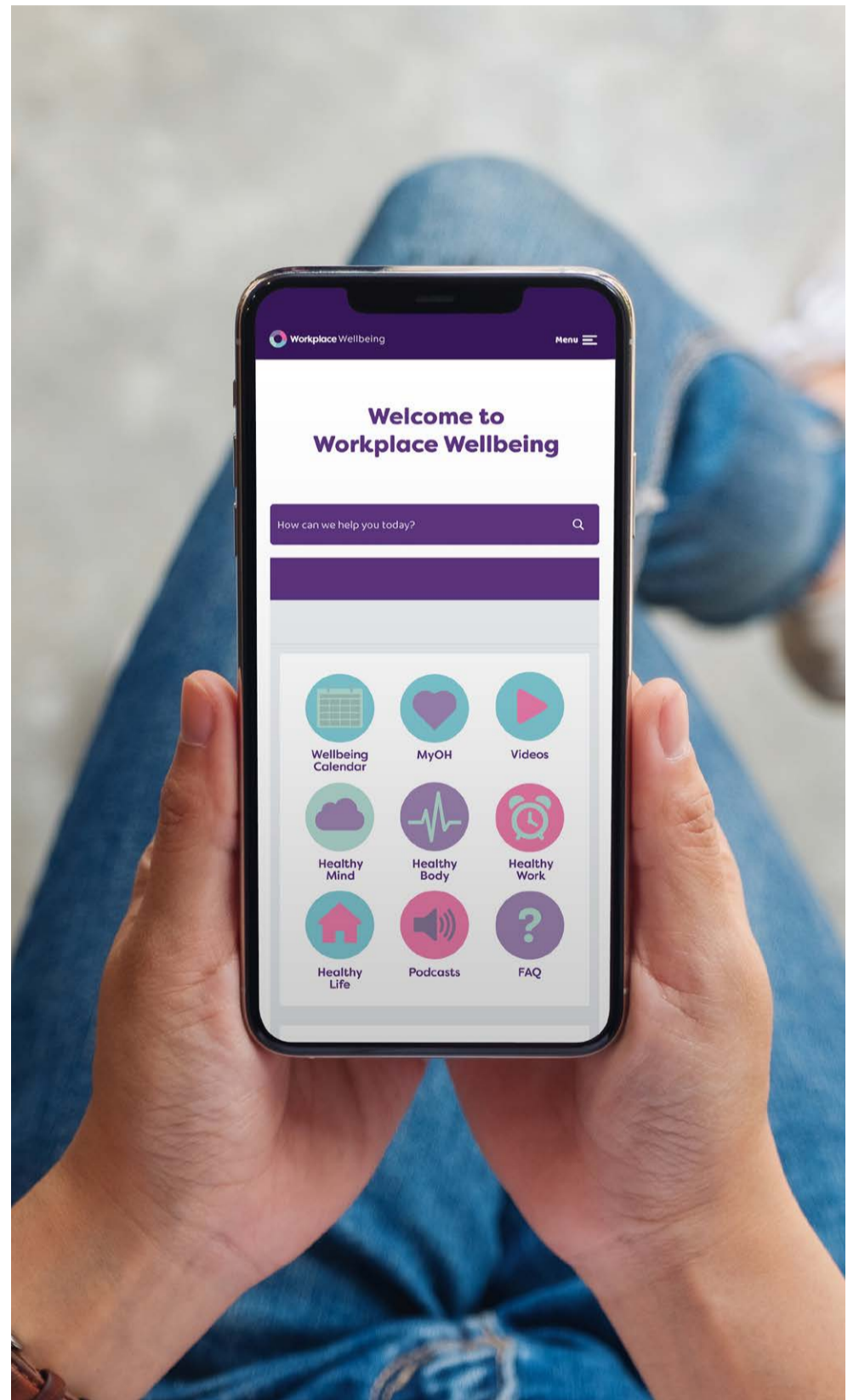
Do I need to do anything?

Going forward, access wellbeing resources at your.workplacewellbeing.com - if you have any short-cuts or saved links for wellbeing.tphealth.co.uk' replace these with the Workplace Wellbeing web address.

your.workplacewellbeing.com



Take a look



your.workplacewellbeing.com

Access health and wellbeing support with Workplace Wellbeing



Visit your Workplace Wellbeing platform for easy access into health and wellbeing tools, services and supportive resources.

For employees: your wellbeing needs in one place

- Podcasts, videos, articles and more to help support your wellbeing across body, mind, life and work.
- A dashboard showing you the latest key topics and calendar awareness days.
- A trusted source of advice, kept updated and refreshed with topical materials.
- A simple way to access wellbeing services and support.

For managers: supporting you, to support your staff

- Easy access into the myOH portal to manage occupational health referrals.
- Advice on how to make an effective occupational health referral.
- A manager's toolkit full of advice and guidance across podcasts, videos and articles.
- A dashboard showing a range of tailored content, including quick-links specific to managerial roles.
- Access to monthly wellbeing content and a wellbeing calendar.

your.workplacewellbeing.com

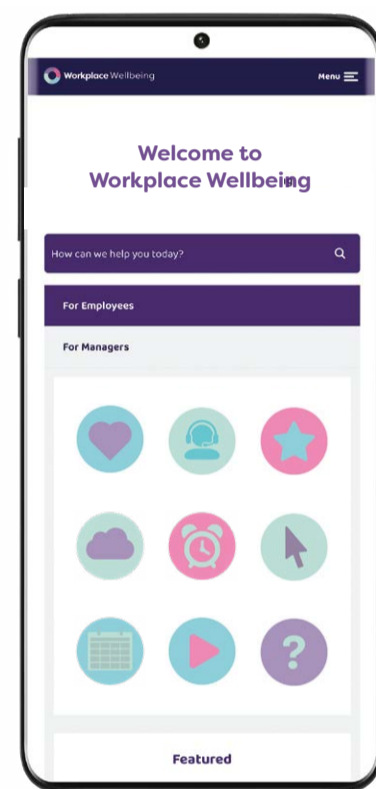
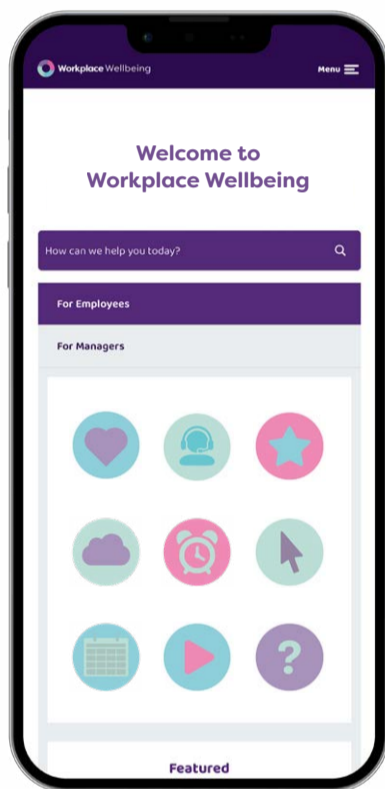


Take a look

Support your wellbeing around the clock, whether at work, home or on the go!

Install Workplace Wellbeing onto your phone


Your wellbeing doesn't clock-off at the end of your shift, so why not install Workplace Wellbeing onto your phone?



Download to an IOS device

1. Visit your.workplacewellbeing.com



2. Tap the **Share** icon  at the bottom of the screen.
3. Scroll down the list of options and tap **add to home screen**.

If you don't see this option, scroll to the bottom and tap **edit actions**, then tap **add** next to the **add to home screen** action. After that, you'll be able to select it from the Share Sheet.

4. Type a name for the app, we recommend using **WPW** (short for Workplace Wellbeing).
5. Tap **add** in the top-right corner of your screen.

Download to an Android device

1. Visit your.workplacewellbeing.com



2. On the pink button at the top of the screen, tap **install**.
3. You will then see a pop-up message asking you to install the app, tap **install**.

Please note: To access all features and content this app requires a secure internet connection.

Workplace Wellbeing FAQ

What is Workplace Wellbeing?

Workplace Wellbeing is a brand new web app and website that gives you easy access to wellbeing services and supportive resources all in one place.

With content refreshes throughout the month, you can find inspiration and ideas across four key areas: healthy body, healthy mind, healthy life and healthy work. It also contains resources for line managers to help them support the health and wellbeing of their staff.

your.workplacewellbeing.com

Is the content accurate?

Our information has been compiled by our team of clinical experts to ensure a high level of accuracy. Content from third party sources is taken from trusted organisations and has been reviewed by our team of clinical professionals.

What shall I do if I spot an IT issue?

If you encounter an IT problem relating to the Workplace Wellbeing website or app, please email wpwadmin@optimahealth.co.uk to log the issue.

How do I download the app onto my device?

Instructions on how to download the web app onto Android or IOS devices can be found on the [FAQ page](#) within Workplace Wellbeing.



Take a look

How do I navigate around the app and website?

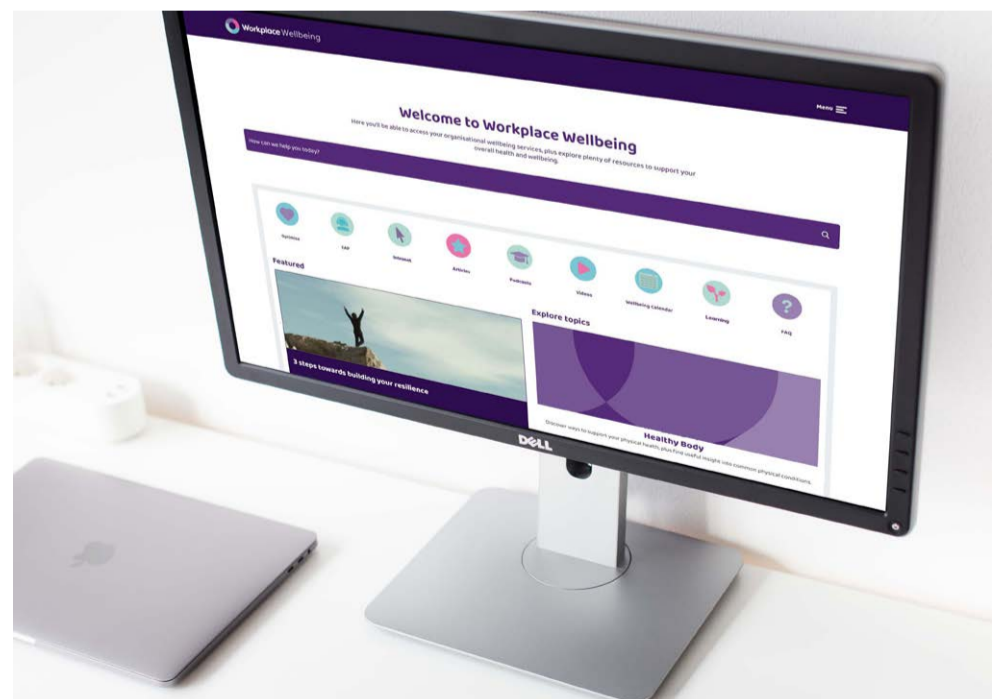
You can use the dashboard to navigate to popular services and areas of interest using the **quick-link buttons**. Alternately, there is a **drop-down menu** located in the top right-hand corner of your screen which details the different areas across the platform.

To navigate back to the dashboard, simply click the Workplace Wellbeing logo in the top left-hand corner, or go to **menu > dashboard**.

Can my employer track which pages I access?

Workplace Wellbeing will not process any personal data and you will not be asked to provide any personal identifiable information in order to access or utilise support information. You may be sign-posted to third party service providers and following this up will be at your own discretion.

Workplace Wellbeing will use Google Analytics to track web traffic. We will not be able to access any of your personal data via Google Analytics and information we receive will be fully anonymous and used only for the purpose of analysing content and improving the platform.



your.workplacewellbeing.com

