

Introducing the Be Well Helpline

Early intervention **support** for your workforce – before and during absence

Provided by L&G and designed specifically for HR, Reward Teams and Line Managers.

This service offers early, expert guidance to support your team at the right time - before issues escalate.

What we support with:

Our team of expert clinicians provides tailored advice across a wide range of health and wellbeing concerns, including:

- Workplace stress and burnout
- Mental health challenges
- Musculoskeletal (MSK) issues
- Cancer support
- Fatigue and Pain Management including long COVID
- Workplace adjustments and return-to-work planning

Why choose the Be Well Helpline?

- **Early intervention focus** - act before problems become absences
- **Multidisciplinary clinical team** – specialists include occupational therapists, physiotherapists & registered nurses
- **Practical, actionable advice** - tailored to your workplace and employee needs
- **Confidential and supportive** - helping you support your people with confidence

How to access the service:

- 0370 333 0011
- BeWellHelpline@landg.com
- Available Monday to Friday, 9am–5pm

