

For healthy happy staff.

Healthy Extras



We all know the importance of physical exercise, but your staff's emotional wellbeing is just as important. Sometimes they can face issues that not only affect their quality of life, but the quality of their work too.

Healthy Extras is an essential employee benefit, providing staff with access to valuable services to help support their emotional wellbeing. Big White Wall is the first step that staff can take towards getting the support they need, and for those who need it, they can talk to a GP over the phone or via a webcam, and access counselling services too.

Our services give quick and easy access to professional help 24/7, either online or over the phone to help with the pressures of everyday life.

Key features

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- Available on a corporate paid basis
- Low cost
- Affordable for all budgets
- Four health and wellbeing services
- Registration and access is easy via an online portal
- Services available immediately from the date of registration
- No medical required to join
- Can be used in conjunction with existing healthcare plans

Looking after your staff when it really matters.

Big White Wall

Are your staff worried, stressed or anxious? Do they feel low or not coping?

Big White Wall is a safe online space for your staff to explore things that are troubling them and get the support they need, in confidence.

Big White Wall provides safe 24/7 online support. Your staff can share their experiences with other members of the online community, express themselves in words or images, browse a library of information and follow courses on topics including managing anxiety, positive thinking and problem solving. They can also assess themselves using a range of tests on emotional health, and issues surrounding healthy lifestyles, recording their results over time. Trained counsellors called Wall Guides are on hand at all times to provide extra support.

The service is easy to use and completely anonymous.

24 Hour Advice and Information Line

It's good to talk.

Whatever the issue, support and advice is just a phone call away. This service gives your staff access to confidential guidance on medical, legal or domestic issues from experienced counsellors, lawyers and medical advisors. From stress, bereavement or relationship advice to health and money worries, they'll be able to talk to a qualified counsellor any time of day or night.

DoctorLine™

Access to a GP 24/7.

From anywhere in the world, 24 hours a day, staff can pick up the phone and arrange a call back from a practising UK GP. They can even choose to have a webcam consultation. It's the closest thing to a surgery appointment, but without the wait. If the doctor believes that their treatment requires medication, they can offer a private prescription, usually dispensed the next working day and delivered straight to their door.



"It's great to say what you feel and think without judgement, that's helped me loads as I've always kept a brave face for the last few years with my depression and anxiety. It's great to be among people who know exactly how you feel."

Big White Wall user

Westfield Rewards

Making employees' salaries go further.

A great way to help save money on everyday items, this online portal allows staff to access offers and savings on a huge range of goods and services from over 1,000 leading high street and online retailers.

By connecting with the Westfield Rewards website, your staff can make use of discount codes or purchase reloadable cards. The savings they make are often on top of sale prices, money off vouchers and online promotions, so their money goes even further. It's retail therapy at its best.

Sainsbury's   

Our friendly Customer Care Team is here to help



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