



Your partner in
health and wellbeing

Benestar 
Be your best you

There is nothing as powerful and empowering as good health



Our philosophy

Benestar means 'wellbeing' and that is the essence of our promise – we're here to help you and your employees be your best.

Ultimately we all want to be our best at work and in life. But sometimes we just need a little help or extra motivation to achieve it. That's where we come in.

Our aim is to make health and wellbeing an effortless and everyday proposition for your organisation. Why? Because we believe there is nothing as powerful and empowering as good health.

Happy and healthy people equate to a productive and engaged workforce, enhancing the overall wellbeing of your organisation.

Partner with us today and help your organisation to perform at it's best.

Who we are

For 30 years, we've championed the unlimited potential of good health and demonstrated the clear link to great organisational and individual performance. Today, more than 2,000 organisations in over 30 countries rely on our services. That's 2.4 million employees and their family members.

Our difference is our holistic approach and innovative spirit.

We were the first to offer trauma care for all, and in Australia we redefined the Employee Assistance Program (EAP) category. We led the market in specialised support for managers, introduced services covering physical, financial and social health and initiated new ways for people to access support, such as online, video, and LiveChat.

Now, Benestar Group is the first to pioneer an ecosystem of health services curated for the modern world.

How we can help

We know most of us don't get enough sleep, are juggling too many demands and don't always give enough attention to our diet and exercise. Individually and collectively these have an impact on our health and wellbeing. Often people want to make positive changes, but don't know where to begin.

At Benestar, we're all about helping people when and where they need us with all aspects of their life – physical, mental, social and financial.

That's why our services are easily accessible, measurable, involving and always on. You can reach us 24/7, 365 days a year via our secure health and wellbeing portal and app.

Promoting a holistic approach to health, we have grouped our services into four categories:

- Individual wellbeing
- Organisational performance
- Incident management
- Workforce wellness



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Individual wellbeing

These services aim to increase accountability for personal wellbeing across your workforce.

The person who can have the most impact on their health and wellbeing is ... well, themselves! But, with so much information available, it's not always easy to know what is reliable or where to begin.

Now your employees can take their wellbeing into their own hands using Best You by Benestar.

Benefit points:

1. Employees take greater accountability for their health and wellbeing
2. Specialised, professional coaches support your workforce
3. Access to online health and wellbeing resources anywhere and anytime
4. Increased employee health, happiness and life satisfaction



We help people to be their best, not just when there are areas of concern, but so they can continually enhance their wellbeing.

Best You by Benestar

Best You by Benestar provides support and coaching to help people navigate through life. It's for times when you need support as well as when you are looking to be better than you already are.

You may know this program as the Employee Assistance Program or EAP. Except that we've made it better! We help people to be their best, not just when there are areas of concern, but so they can continually enhance their wellbeing.

There are two parts to Best You:

1. **MyCoach** – coaching support for individuals, for people leaders and for executives
2. **BeneHub** – our health and wellbeing portal

MyCoach

MyCoach is a team of professional coaches trained to assist with everything from family and relationship issues, to challenges at work, dealing with grief, improving exercise and sleep and everything in between – all with the utmost confidence.

MyCoach support is available for individuals, people leaders and executives. You can choose online, LiveChat, over the phone or face-to-face support.

BeneHub

BeneHub is an interactive online space where individuals can access a vast library of health and wellbeing resources anywhere, anytime from their preferred device.

We continually update the BeneHub portal with tools, blog posts, podcasts and learning modules to help your employees thrive.

BeneHub is easy to navigate and you can search for content via topic or type. We work with our customers, our partners, and industry specialists to develop relevant materials across topics including:



LIFE

different life stages, change, grief and loss



BODY

exercise, fitness, sleep, nutrition and healthy habits



MONEY

budgets, debt, saving and retirement planning



RELATIONSHIPS

work relationships, partner relationships and friendships



WORK

from better work-life balance to enhancing performance



FAMILY

parenting, elder care, family violence and extended and blended families



MIND

from managing stress to mental health

Content types you will find in BeneHub include:

- Learning modules
- Videos
- Animations
- Articles
- Blogs
- Podcasts
- Meditations
- Self assessments
- Activities
- Resources toolkit

You want to know that most of your people are at their best most of the time.

Organisational performance

Is your organisation humming? Can you confidently say everyone in your workplace contributes at his or her best? Maybe that's not possible every day but you want to know that most of your people are at their best most of the time. Draw on our expertise to get your organisation where you want it to be.

To optimise performance, your organisation needs positive leadership, strong capability and social intelligence. We're committed to helping you build a sustainable, well-functioning and healthy organisation.

Our services to improve organisational performance are based on:

- **Strong Foundations** – programs and case management to enhance individual and team confidence and capability
- **Assessments** – to assess employees' suitability and capability for success in a role or return to work

Benefit points:

1. Significant professional experience and global expertise
2. The reassurance of sophisticated infrastructure and networks
3. Quality programs based on research and rigorous testing
4. Access to innovation and best practice

Everyone needs a little help or inspiration from time to time to be at their best.

Strong Foundations

Look after your workforce and you will create an organisation that is flexible, resilient and strong. Just imagine the heights you could reach from these foundations! Keep in mind that an employee's performance is a reflection of what's going on in their whole life, not just their time at work. Everyone needs a little help or inspiration from time to time to be at their best.

Help your employees get the most out of life and increase performance at work with our range of training programs and case management.

We deliver programs for teams or individuals to enhance confidence and capability across a number of topics:

- Conflict
- Change
- Resilience
- Leadership
- Diversity
- Mental wellbeing
- Family violence
- Parenting
- Respect
- Communication
- Alcohol and other drugs

Assessments

We all know a team is greater than the sum of its parts but it's important to ensure all the parts – or individuals in your team – are operating at their best.

Not all job roles are the same, some are more demanding or challenging than others. You can use our programs, including psychometric assessments and feedback, to determine the likelihood of success for a particular role. Additionally, we provide coaching to enhance the performance of your employees. You can use the programs to assess whether existing employees are ready to get back to work after an incident.

You can access assessments for:

- Selection and recruitment
- Clinical assessment
- Return to work

Incident Management

Critical or major events are often unpredictable and can have a significant impact on the health, wellbeing and safety of your workforce. Therefore, immediate and superior care and support is essential.

Our services provide unrivalled support during these times, minimising long term impact on individuals, reducing downtime, and helping people leaders to care for their teams.

Every year, we respond to more than 5,000 incidents. We're experienced, trusted and provide an unrivalled level of support. That's why so many organisations choose us.

We can help you prepare risk mitigation plans, improve security, recovery and deliver overall peace of mind to your employees. We group these services into:

1. **Complete Support** – Support based on specific events
2. **Better Interactions** – Interventions to improve working relationships and resilience

Benefit points:

1. Experienced, professional support for your workforce
2. Reduced down time
3. Reduced long-term risk
4. Earlier recovery and more effective return to work

Critical incidents can have a significant impact on your people and your brand.

When teams get along, the benefits to your people and organisation are immense.



Complete Support

Major events present a risk to the wellbeing of your workforce and organisation. We understand you can't prepare for every possible situation, which is why we provide complete support for any major event. We help individuals and teams understand how to care for themselves and others during these times. We support a wide range of events including:

- Critical incidents
- Natural disasters
- Community events
- Organisational change
- Times of grief and sorrow
- Aggression incidents

Better Interactions

When teams get along, the benefits to your people and organisation are immense. But, sometimes teams need a little help to build and implement strategies that improve negative interactions. We provide interventions for individuals or teams to build more effective working relationships. The areas we specialise in are:

- Conflict resolution
- Team building

Workforce Wellness

We spend approximately one third of our adult life at work, so it makes sense to spend it well. Healthy employees tend to be happier and more engaged, which also means they are more productive. Plus, an attractive workforce wellness program is an important factor in recruiting and retaining quality talent.

So how do you proactively create a culture of wellbeing at work? It's about getting to know the needs of your people and organisation and then designing a strategy suited to their needs. This could include implementing supervision programs, conducting well-checks or providing regular health checks. We can help you with a vast array of activities that will achieve tangible and measurable results.

Our services in this area include:

1. **Workforce Wellbeing** – interactive sessions to improve the health of your people
2. **Team Support** – proactive programs to improve or maintain the health of individuals or teams

Benefit points:

1. Happier and healthier employees
2. Improved engagement, productivity and commitment
3. Reduced absenteeism
4. Enhanced recruitment and retention

Workforce Wellbeing

What do 'engaged' employees do for your organisation? They are on board with, and are working towards, your organisational goals. Why? Because they know it's a win-win for them and for the organisation to do so.

Our experience shows that wellbeing sessions offered to your entire workforce can effectively lift and maintain healthy levels of engagement. This is particularly important for organisations going through change to nurture a positive workforce culture.

You can improve and maintain workforce-wide wellbeing through interactive and engaging sessions on different topics delivered via:

- Health programs
- Lunch & learn seminars
- Onsite coaching clinics

Team Support

Everyone can do with some advice or extra motivation from time to time. A little coaching for life – and work – can have a big impact on positive workforce wellbeing. These programs help individuals, managers and teams to perform at their best. They are also useful for people in challenging roles on deployment to other locations.

We provide:

- Well-checks
- Health programs
- Peer support
- Deployment
- Supervision

A little coaching for life – and work – can have a big impact on positive workforce wellbeing.



Everyone has a desire to be their best – in every area of their life. But sometimes, individuals need a little help to get through tough times, to get their health back on track or to strive for higher performance.

If you're looking for an experienced partner to champion the potential of good health in your organisation, talk with us today.

Get in touch

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