

ConneX Care

Healix ConneX provides immediate access to the key treatments and healthcare benefits you need to stay healthy.



Virtual GP

Virtual GP access 24/7, 365 days a year without endless waiting lists or travel time via a virtual appointment from wherever you are.



Mental Health Assessments

Help to reduce stress and mental health absences with instant emotional wellbeing support powered by an online digital tool. With up to 6 face-to-face sessions.



Musculoskeletal Assessments

Immediate access to Musculoskeletal support from assessment through to clinically supported self-management powered by interactive digital tools. With up to 6 face-to-face sessions.



Wellbeing Platform

Access valuable health and wellbeing resources to help improve key areas of your life.



Cancer Care

Digital platform offering those affected by cancer, affordable digital support from cancer specialist nurses.



MyGymDiscounts

Gain access to discounted rates on the best fitness plan to suit location, preference and budget with savings at over 3,600 fitness centres across the UK. Also includes high street retailers.



Face-to-face Physio and Mental Health Consultations

Following a virtual session, a face-to-face physio session with an assigned physiotherapist at a network facility and personalised mental health sessions with a counsellor or therapist will be arranged based on individual needs.