

# Healix ConneX

Flexible digital healthcare  
to support your employees



# Meet Healix ConneX

Healix ConneX is an innovative, flexible and cost-efficient digital healthcare solution that supports your employees on their journey to recovery by providing instant access to private healthcare pathways and essential treatments. This app-based healthcare solution addresses prevalent illnesses, safeguarding your business and prioritising your most valuable asset: **your people**.

Offering an affordable digital healthcare solution, Healix ConneX guarantees quick access to digital private healthcare and vital treatments, fostering a workforce that is not only happier and healthier, but also contributing to increased productivity and reduced absences. Employees have the option to include dependants and spouses over the age of 18 in their ConneX package.

Healix ConneX provides your employees with access to a number of benefits across a range of affordable solutions, including:

A virtual GP service available 24/7 365 days a year

Get quick access to Mental Health powered by an online digital tool

Immediate access to Musculoskeletal support from assessment through to clinically supported self-management powered by interactive digital tools

A wellbeing platform to improve general health, sleep and manage stress

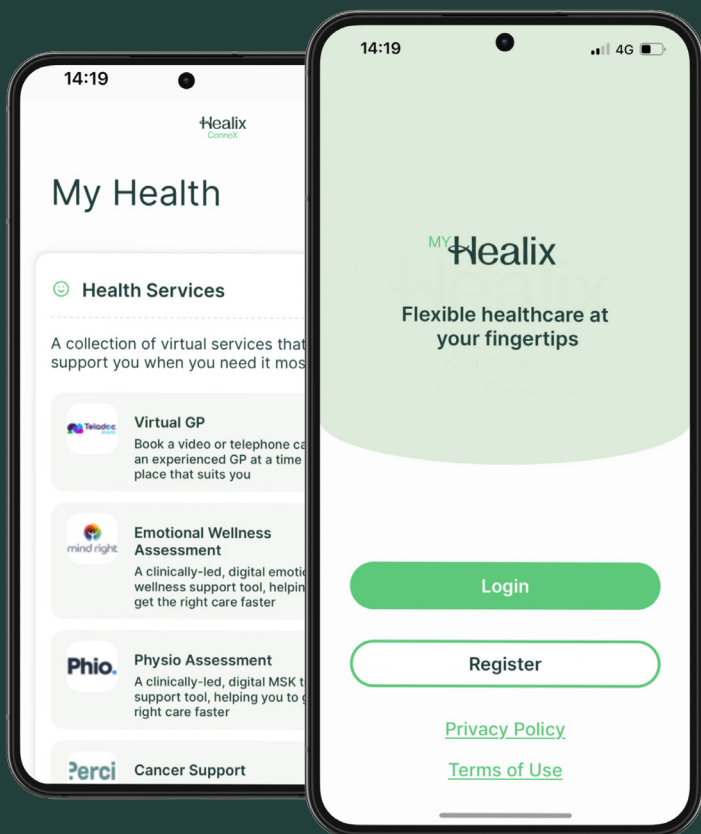
A digital cancer care platform for support from specialist cancer nurses by phone or message functionality

A platform offering employees or members a discounted rate on self-paid gym memberships at a range of gyms and health clubs across the UK and Ireland

Face-to-face physio and mental health consultations with assigned professionals arranged to best meet individual needs



# A range of healthcare services in a single app



Healix ConneX provides immediate access to the key treatments and healthcare benefits your employees need to stay healthy and productive. With digital access provided through cost-effective packages, access to healthcare isn't limited to a percentage of the workforce and extends the offer of health to all.

# Which ConneX package is best for your business?



## ConneX Lite

This digital solution helps your employees stay healthy and happy, helping them build resilience with support from the following services:



### Virtual GP

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



### Mental Health Assessments

Help to reduce stress and mental health absences in your organisation with instant emotional wellbeing support powered by an online digital tool.

ConneX Lite cover is available from £48 per employee per annum + VAT



# ConneX Triage

Support employees who are suffering from health challenges by including access to the following clinical pathways and services:



## Virtual GP

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



## Mental Health Assessments

Help to reduce stress and mental health absences in your organisation with instant emotional wellbeing support powered by an online digital tool.



## Musculoskeletal Assessments

Immediate access to Musculoskeletal support from assessment through to clinically supported self-management powered by interactive digital tools.



## Wellbeing Platform

Empower employees through valuable health and wellbeing resources to help them improve key areas of their lives.



## Cancer Care

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



## MyGymDiscounts

Gain access to discounted rates for your employees 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.

ConneX Triage cover is available from £96 per employee per annum + VAT

# ConneX Care

Support employees back to health and beyond with access to face-to-face physio and mental health consultations, along with access to the following clinical pathways and services:



## Virtual GP

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



## Mental Health Assessments

Help to reduce stress and mental health absences in your organisation with instant emotional wellbeing support powered by an online digital tool.



## Musculoskeletal Assessments

Immediate access to Musculoskeletal support from assessment through to clinically supported self-management powered by interactive digital tools.



## Wellbeing Platform

Empower employees through valuable health and wellbeing resources to help them improve key areas of their lives.



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## MyGymDiscounts

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## 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.

ConneX Care cover is available from £168 per employee per annum + VAT

# Accessing the Healix ConneX services is simple:

Employers choose the benefit level that suits their business requirements, Healix onboards their team to the My Healix app and guides them through the service.



At the first sign of a mental or physical issue, an employee logs into their app and confidentially selects the service that meets their immediate needs.



Depending on the service selected, employees symptoms or issues are analysed and triaged to direct them towards the right treatment plan.



Employees are guided through a personalised treatment plan – whether that's digital supported physiotherapy, wellbeing therapy, or a GP referral.



With the help of our expert partners, and backed by professional clinical oversight, employees can manage their recovery journey, in a way and at a pace that works best for them.

# What's included?

Depending on the chosen level, employees are given immediate access to the following key treatments, private healthcare solutions and services.

Description	ConneX Lite	ConneX Triage	ConneX Care
Virtual GP Services	✓	✓	✓
Mental Health Assessments	✓	✓	✓
Musculoskeletal Assessments	N/A	✓	✓
Wellbeing Platform	N/A	✓	✓
Cancer Care	N/A	✓	✓
MyGym Discounts	N/A	✓	✓
Face to face Physiotherapy Consultations	N/A	N/A	✓
Face to face Mental Health Consultations	N/A	N/A	✓
<b>Cost per employee per annum + VAT</b>	<b>£48</b>	<b>£96</b>	<b>£168</b>







# Pricing



## Healix ConneX offers 3 levels of care:

- Lite
- Triage
- Care



## Each level of care covers a range of services and is priced accordingly:

- Lite: £48 per employee per annum + VAT
- Triage: £96 per employee per annum + VAT
- Care: £168 per employee per annum + VAT



## The overall cost per company will depend on the:

- Number of employees
- Level of care selected

## Documentation

Each company will receive Healix ConneX Terms and Conditions, followed by a client-specific order form that is signed with client name, dates, level and pricing.

Dependants and spouses over the age of 18 can be added to each level of care.

## Online and admin support

Each member will have access to the:

- My Healix App



# Meet our partners



## Virtual GP Services

With over 20 years of award-winning virtual care expertise, Teladoc Health UK offers employees 24/7 365 days a year access to the services they need when they need them most.

Whether an employee is after health advice, a private prescription, or a face-to-face consultation with a doctor, the Teladoc Health 24-hour virtual GP app YourHealth247 offers every member of your team easy access to a GP, wherever they are in the world.

### Included services:

- Virtual GP sessions, telephonic or video depending on needs of employee
- E-prescription services, for delivery or collection
- GP referrals to specialist services
- Sick notes when clinically indicated



## Mental Health Assessment

Reduce stress and mental health absences with instant digitally powered assessments and ongoing self-managed treatment.

Designed by clinicians, MindRight's digital assessment tool acts as psychological triage and is designed to identify the right treatment pathway to deliver unparalleled personalised support from start to finish.

Employees receive a tailored action plan based on where they need the most support through personalised recommendations that change and adjust as employees engage.

## **EQL.**

## Musculoskeletal Assessment

Triage injuries instantly and help employees access the right recovery and treatment pathways. Through partnering with EQL. - employees gain access to Phio, a digitally powered tool that provides appropriate support for MSK conditions, 24/7.

Designed by expert physiotherapists and underpinned by the latest clinical guidelines, the solution uses comprehensive clinical decision trees to assess and signpost members into appropriate care pathways, based on their responses.

Clinicians review each case, then guide the employees through an appropriate programme of exercises with progress being monitored by a clinical team. Employees are also able to chat 1-2-1 with clinicians directly through their mobile device.



## Wellbeing Platform

The future of workplace health, Champion Health pinpoints areas in employee's lives that need attention with valuable health and wellbeing resources which will help get them back on track.

Using AI to provide a personalised journey through all areas of wellbeing, Champion Health tailors each programme to the needs and wants of the individual. Studies have shown that making positive changes in small increments is most effective for long lasting change, with just five minutes a day, Champion Health guides users through creating self caring practices that last.

This wellness resource covers four pillars of health: mental wellbeing, social wellbeing, financial wellbeing and physical wellbeing, with additional content focusing on lifestyle health and productivity available.

### Included features:

- Analytics driven habit tracking
- Fitness guidance
- Nutrition support
- Guided meditations



## Cancer Care Support

Any member that has been impacted by cancer in some capacity – either directly or when supporting a loved one – can access the comprehensive support platform via the My Healix app.

Through partnering with Perci Health, Healix is able to provide additional mental, social, and emotional cancer support via the My Healix app.

On first login, users are able to make a virtual appointment with a dedicated cancer nurse specialist. During their consultation, a focus area is selected and the user guided through a personalised care plan, supported by a recommended care team covering 20 specialisms to optimise recovery.

Recovery and Rehabilitation	Specialist Symptom Management	Support for Carers
<ul style="list-style-type: none"> <li>Optimising emotional wellbeing and building resilience.</li> <li>Optimising physical function and managing symptoms.</li> <li>Building strong relationships and local support networks.</li> </ul>	<ul style="list-style-type: none"> <li>Support with longer-term effects of cancer treatment.</li> <li>Evidence-based content focused on common symptoms such as anxiety and fatigue.</li> <li>Access to educational articles and resources.</li> </ul>	<ul style="list-style-type: none"> <li>Access to a dedicated cancer nurse specialist to answer important questions.</li> <li>Help to prepare for upcoming appointments and navigate local community care.</li> <li>Emotional support and specialist bereavement care.</li> </ul>

## MyGymDiscounts

MyGymDiscounts offers employees a discounted rate on self-paid gym memberships at a range of gyms and health clubs across the UK and Ireland.

The MyGymDiscount network comprises a range of major health club operators, leisure centres, independent gyms, outdoor boot camps and yoga studios. Members can choose the fitness centre and location that works best for them, making getting healthier that much simpler.

## Face to face Physiotherapy and Mental Health Consultations

Through digital referral, Healix ConneX directs employees to relevant face to face services from the NHS and private providers to allow for an even greater level of care.

# Who is Healix?

Since 1992 Healix has provided medical and healthcare solutions to clients both in the UK and around the world. Healix has built on its enviable reputation for offering bespoke services to clients wanting greater control over their health, travel and risk provision.

Founded in 2000, Healix Health Ltd is recognised as the only independent provider of corporate healthcare trusts in the UK supplying high quality case management services for early intervention and self-funded medical schemes. Healix Health has long established relationships with leading hospitals and healthcare professionals throughout the UK and around the world.

Independently owned by our founders, Dr Peter Mason and Dr Paul Beven, we have built our reputation on medical and security expertise, our understanding of risk and our ability to move with the times, boasting a track record of service excellence and product innovation.

Our core values are professionalism and reliability and our investment in staff and systems development ensures our clients – an impressive list of corporates, NGO's, government bodies and insurers – always receive quality services and excellent value.





Discover more about how  
we can support you:



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