



PENINSULA

Employee Assistance Programme

A 24 hour helpline from Health Assured to support you through any of life's issues or problems.



Free 24 Hour Confidential Helpline

0800 047 4097



PENINSULA

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB
Registered in England. No 6314620

Pop out this card for future use

About your Employee Assistance Programme (EAP)

Sometimes it can be difficult to balance the pressures of work and home life. Health Assured provide caring support to both you and your immediate family so you can give your best in life.*

What can I use this service for?

 Family issues	 Financial information	 Legal information
 Medical information	 Relationship advice	 Housing concerns
 Alcohol or drug issues	 Childcare support	 Stress & anxiety
 Gambling issues	 Domestic abuse	 Retirement
 Consumer issues	 Tax information	 Bereavement

24/7 Confidential Support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgmental manner.

Online Health Portal: healthassuredeap.com

 Webinars	 Health e-Hub app	 Four-week programmes
 Nutritional advice	 Health checks	 Fitness advice
 Financial wellbeing	 Medical factsheets	 Budgeting

Employee Assistance Programme



- Stress & anxiety
- Debt
- Work
- Lifestyle addictions
- Relationships
- Legal

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Confidential Helpline**
0800 047 4097
healthassuredeap.com

Download the Health e-Hub now



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Stress & anxiety



Counselling



Family issues



Work advice



Financial wellbeing



Childcare support



Relationship advice



Legal information



Medical information



Gambling issues



Alcohol & drug issues



Consumer issues

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To find out more visit:

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health  assured

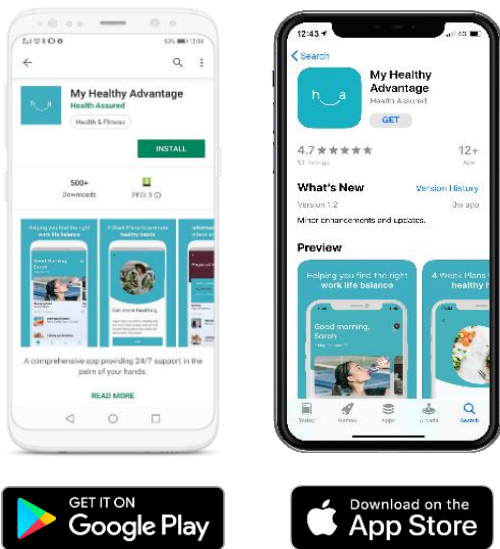
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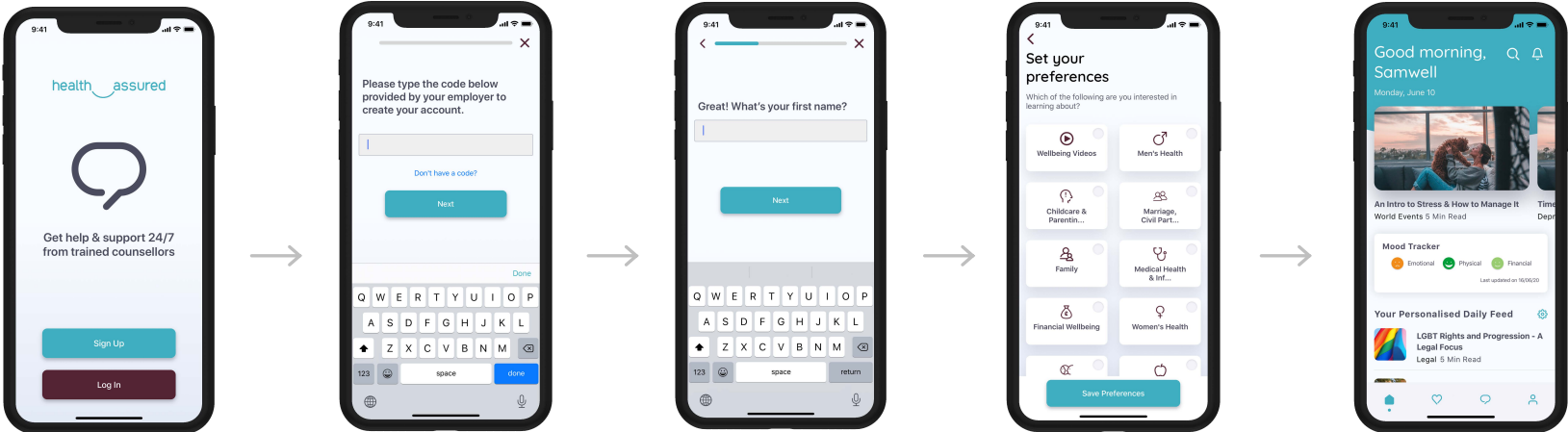
Download and register

Follow these simple steps to download and register your *My Healthy Advantage* app

1. Download



2. Register



Sign up

Enter code

Enter your details

Personalise
your preferences

Welcome to
My Healthy Advantage