

LIVE WELL

Centre for Wellbeing

WELCOME

CfW is a new element within Occupational Health.

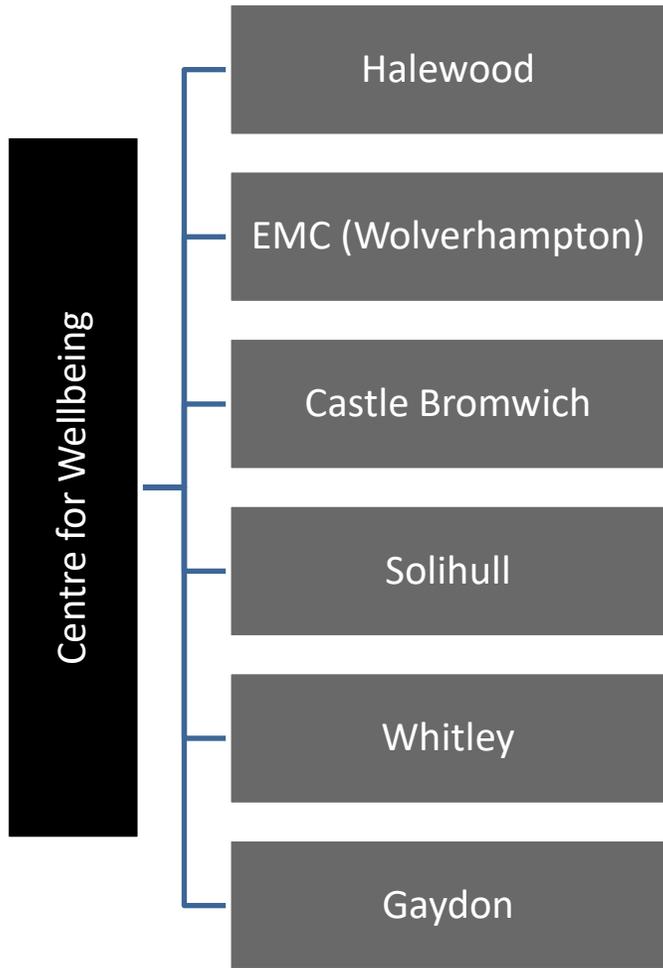
It gives the opportunity to gain Wellbeing support:

- **Preventative Wellbeing**
Such as weight management, nutrition, sleep & mental health support
- **Rehabilitative Wellbeing**
Support for injuries and issues- whether created in work or not
- **Wellbeing Awareness & Engagement**

"WELLBEING SUPPORT FROM STRUGGLING TO THRIVING, BE IT IN MIND, BODY, OR LIFE"



Centres



- 10 Physiologists
- 1 Wellbeing coach
- 6 Front Desk Executives
- Delivering clinical referral programmes
- Delivering events and engagements
- State of the art Technogym equipment
- Virtual Reality and high performance technology
- Centre for Wellbeing ‘in a box’
- Centre for Wellbeing events- ‘Pick and mix’

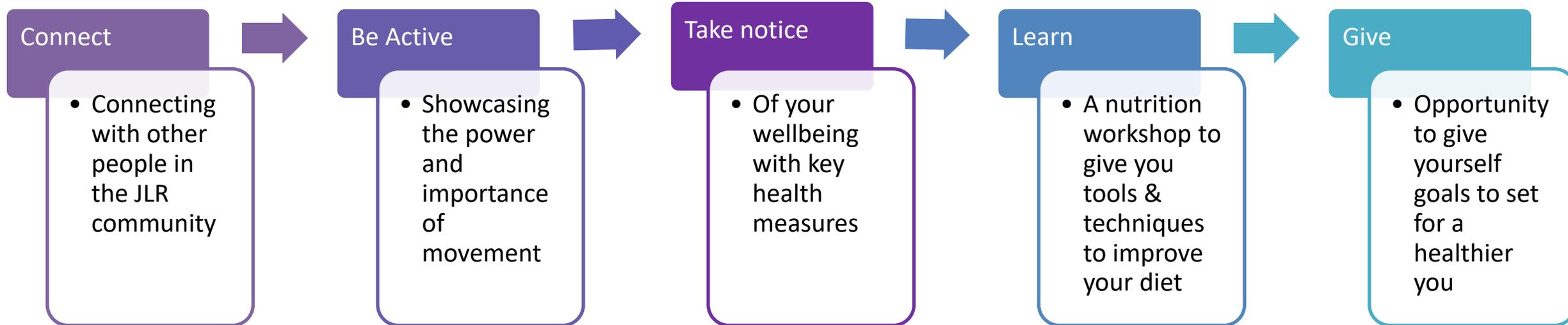


A wellbeing experience designed to:

- Introduce you to your centre for wellbeing
- Immerse you in a wellbeing experience using the 5 Ways to Wellbeing

Important:

- Today is a voluntary wellbeing experience, nothing is mandatory.
- Please be open minded, stay open minded.
- We will revisit our referral process at the end of the session.



How will this benefit me?

Context and purpose

A brand-new initiative to offer help, advice and lifestyle guidance to individuals at JLR.

Covering various wellbeing topics

Empowering employees to increase their quality of life

What are we not doing

We are not testing you in a work capacity

We are not using your data or sharing it with your manager

Data will be grouped together and anonymised



Local Disease Prevalence

Halewood Local Summary

- Highest prevalence are for **depression, obesity and hypertension**, although lower than in Knowsley.
- Conditions with greatest increase from 2015/2016 are obesity and depression.
- Stroke prevalence lower than UK average.

JLR Summary

- 13,400 BMI tests taken.
- **26.3%** Healthy Weight, **44.6%** Overweight, **19.6%** **Obese Class I**
- 3,100 WHO5 responses – 41% replied most of the time to “In the last 2 weeks I have felt cheerful and in good spirits”
- Blood Pressure reading - **22%** stage 1 hypertension, **11%** **stage 2 hypertension**

JLR Halewood Summary

- 2,300 BMI tests taken.
- **21.9%** Healthy Weight, **45.7%** Overweight, **22.3%** **Obese class I**
- 439 WHO5 responses – 45% replied most of the time to “In the last 2 weeks I have felt cheerful and in good spirits”
- Blood Pressure reading - **21%** stage 1 hypertension, **14%** **stage 2 hypertension**

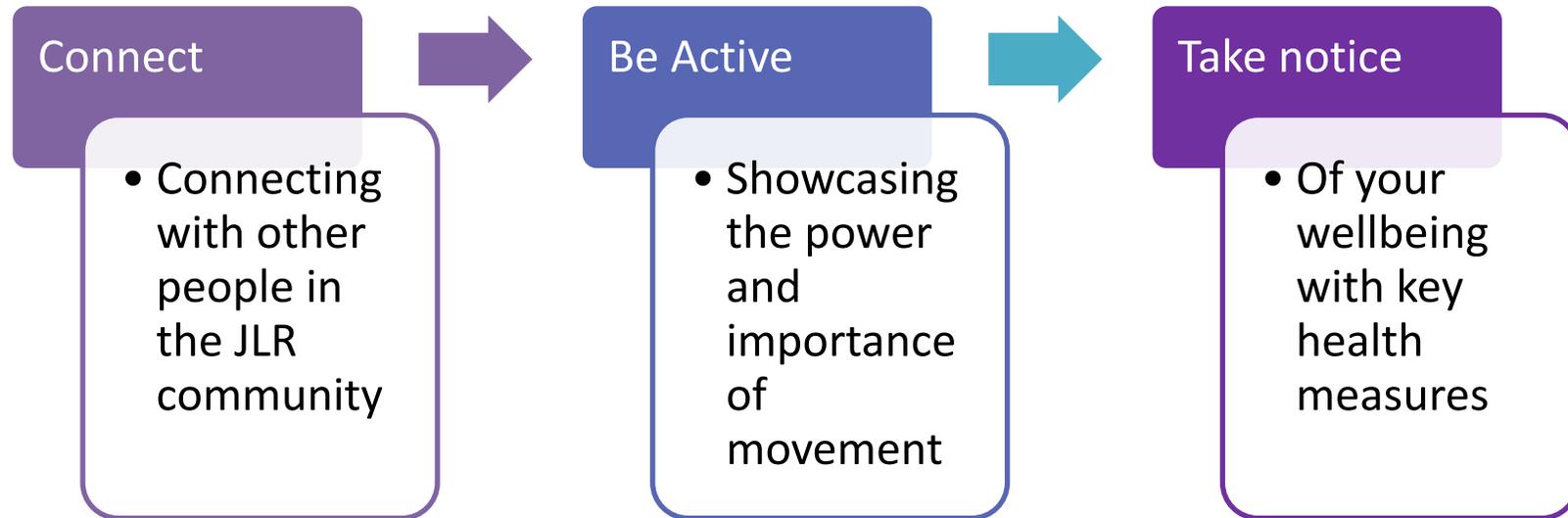
Knowsley council 2018
Halewood Area Partnership Profile

WellMe Kiosk - PowerBi
31st July 2022 – 31st July 2023



Let's get going..

Group	Individual
Connect	
Be Active	
	Take notice
10 minute snack break	



LIVEWELL – LEARN:

NUTRITION WORKSHOP

Which has greater calories; $\frac{1}{2}$ an avocado on wholemeal toast or a 'fast food' hamburger?

A



B



Which has greater calories; $\frac{1}{2}$ an avocado on wholemeal toast or a 'fast food' hamburger?

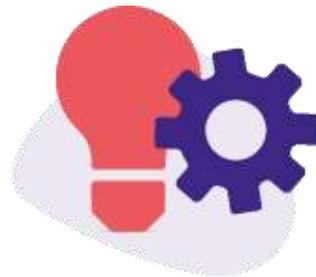
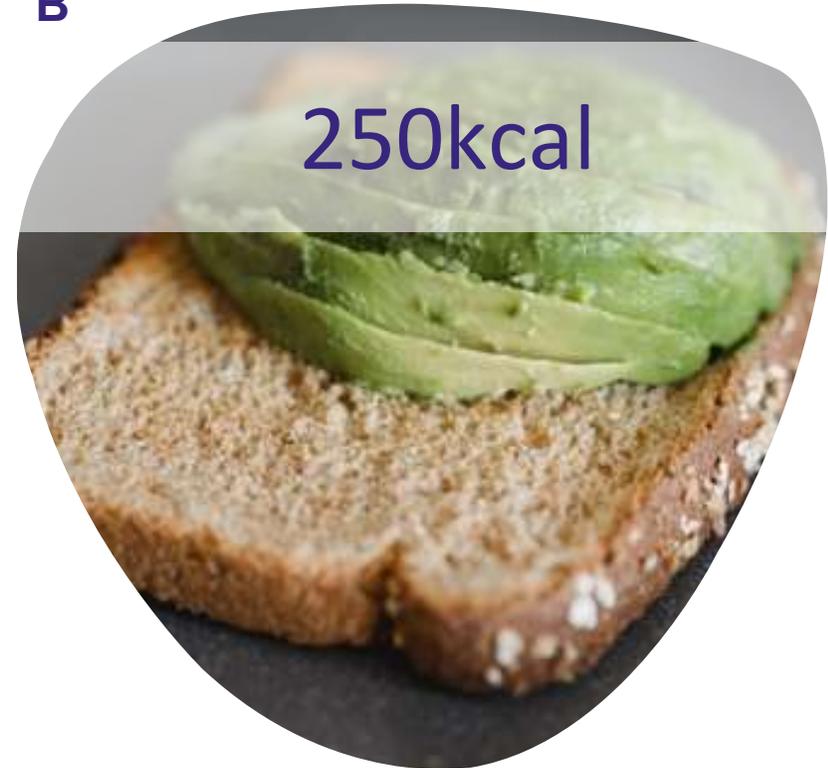
A

250kcal



B

250kcal



Are all calories equal?

Calories (Kcal) are a unit of energy

It is the unit of measurement used to quantify the energy provided by the foods we eat

Different nutrients contain different amounts of Calories per gram

- **Carbohydrate 4 kcal per gram**
 - **Protein 4 kcal per gram**
 - **Fat 9 kcal per gram**
 - **Alcohol 7 kcal per gram**
-
- Nutrients require different amounts of energy to break them down, with protein being the greatest
 - In thermodynamic terms, all Calories are equal
 - **Eating for health is more than thermodynamics**

Compare these two for example...



930 CALORIES
48G FAT
29G PROTEIN
94G CARBS
8G FIBER
1270MG SODIUM

..WHEN YOU CAN HAVE ALL THIS?



ALL THIS HEALTHY FOOD

930 CALORIES
13G FAT
64G PROTEIN
115G CARBS
23G FIBER
340MG SODIUM

Reconsidering some nutrition myths

A

**Carbohydrates
are bad for
you?**

B

**A total plant -
based diet is always
healthier than non-
plant based?**

C

**You shouldn't eat
after 7pm...and
other similar
statements**

Reconsidering nutrition myths



Carbohydrates
are bad for you?

- Not fundamentally
- Carbohydrate provides our body and brain with energy to perform vital tasks.
- However, choice of source is crucial
- Wholegrains are broken down slower than highly refined carbohydrates which means they provide a slower, sustained release of energy
- This helps reduce blood sugar spikes

Reconsidering nutrition myths



A total plant -
based diet is always
healthier than non-
plant based?

- Not necessarily...
- A well-chosen plant-based diet may offer a wealth of benefits, including lowering risk of developing chronic diseases.
- However, an **unhealthy** plant-based diet is still as the name suggests.
- Recent literature outlines that an ‘unhealthy’ plant-based diet offers no disease risk reduction (Butler *et al* 2020).

Reconsidering nutrition myths

**'You shouldn't eat
after 7pm'...and
other similar
statements**

- Your body digests food regardless of the time of day
- Eating a balanced meal later than normal is not a problem, and sometimes unavoidable
- Nourishing yourself is key, even if it is late
- Food choice is crucial however - snacking later in the evening on less nutritious options can lead to excess calorie intake
- When eating later, you may wish to prioritise meals with minimal fat, spice and fibre in order to ease digestion

LIFESTYLE / BEHAVIOURS

HYDRATION

KILOCALORIES (ENERGY)

MACRONUTRIENTS

Carbohydrate

Protein

Fats

MICRONUTRIENTS

Vitamins

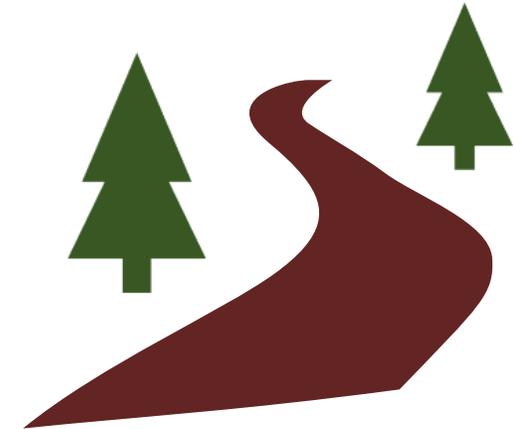
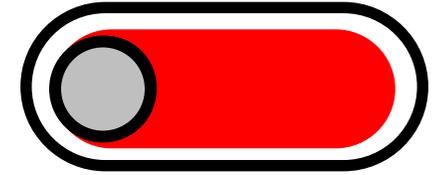
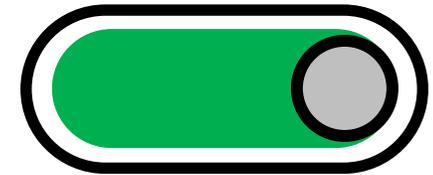
Minerals

Trace
Elements

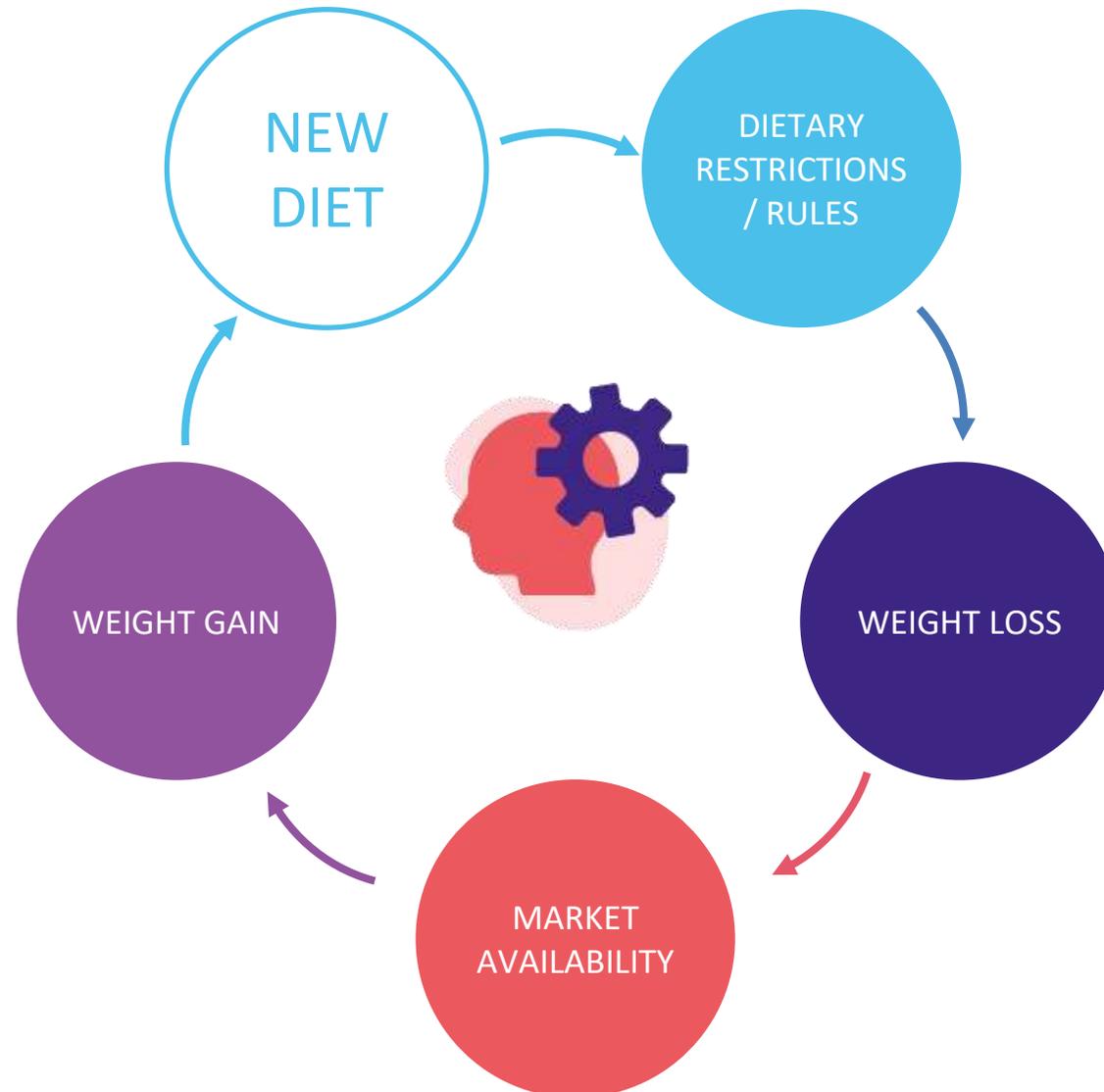
FOOD TIMING

Healthy Eating

- Healthy eating should not be seen as something you switch on and off
- It should be a general trend of eating with health as the focus, rather than quick fixes and fad diets
- Therefore, it may be beneficial to consider your nutrition as **'Eating for Health'**
- Bear in mind that your self worth is not attached to the food on your plate, nobody is perfect



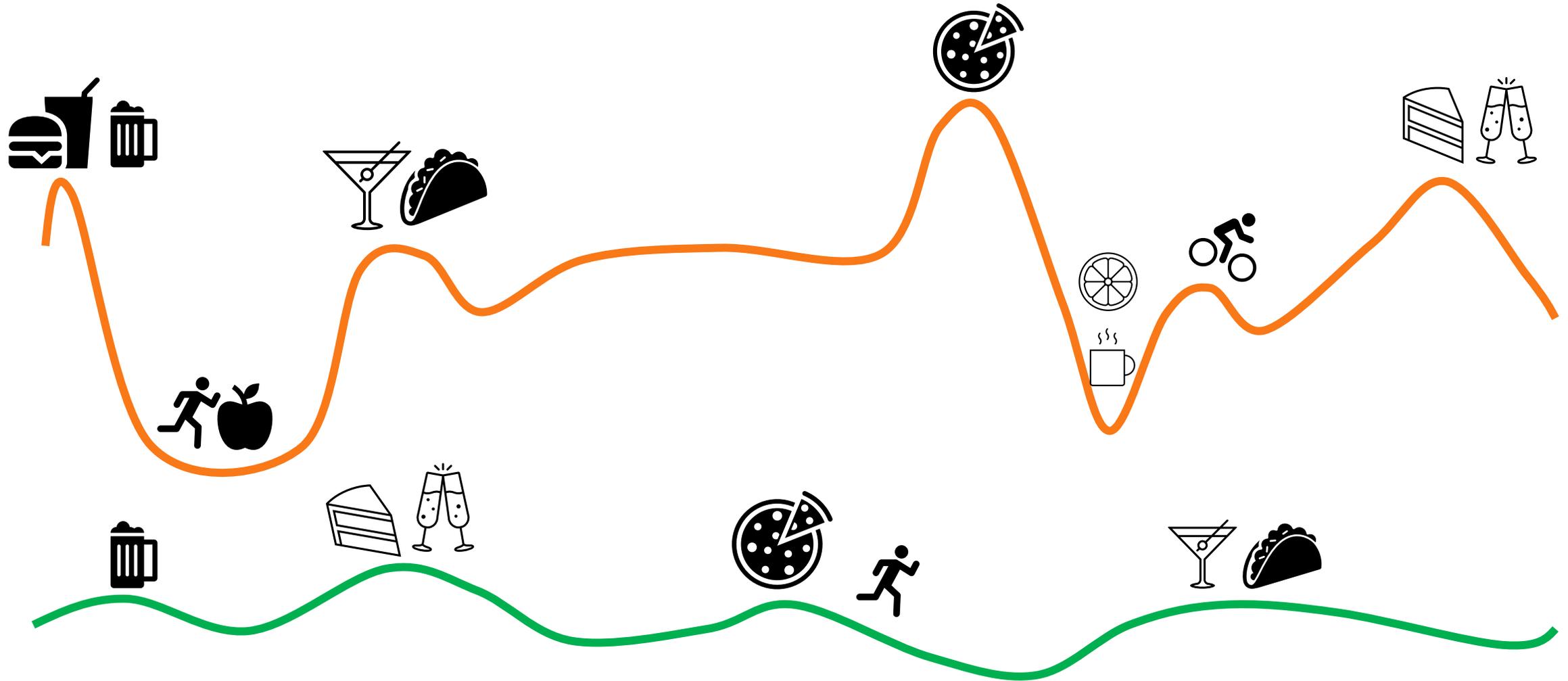
Why named diets may fail



Some other considerations...

- Sustainability?
- Enjoyment?
- Evidence base?
- Health impact?
- Endorsements?
- Lone wolves?

Considering dietary approaches



Fad diets

Fad diets aren't a sustainable way to lose weight, expert ...



<https://www.bbc.com/health/10692334/fad-diets-arent-a...>

07/01/2020 · BRITS will try 126 **fad diets** over the course of their lifetime, experts estimate. A study of 2,000 adults found each person will embark on at least two **fad diets** a year - ...

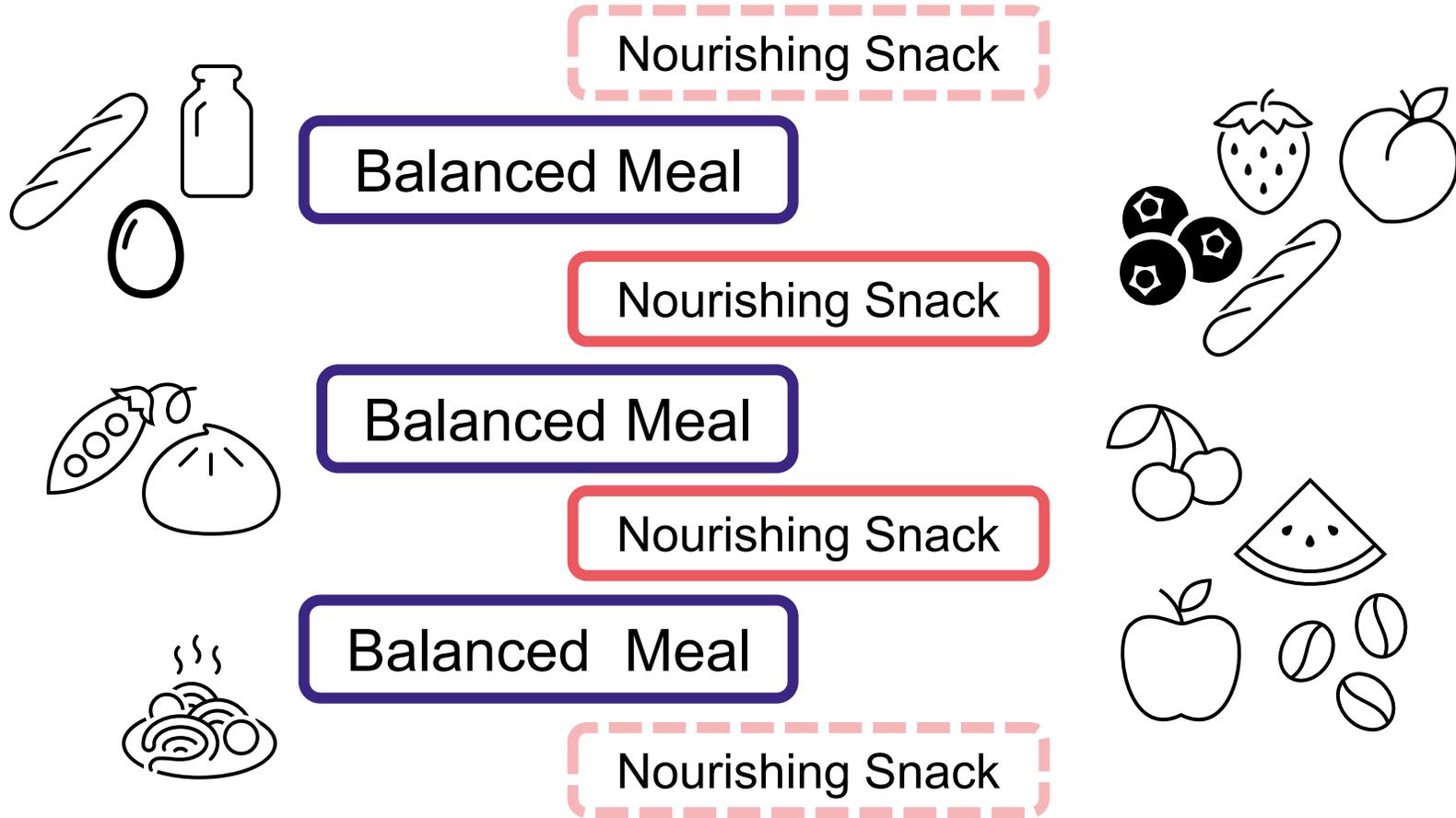
The 5 fad diets that DO help you lose weight fast -



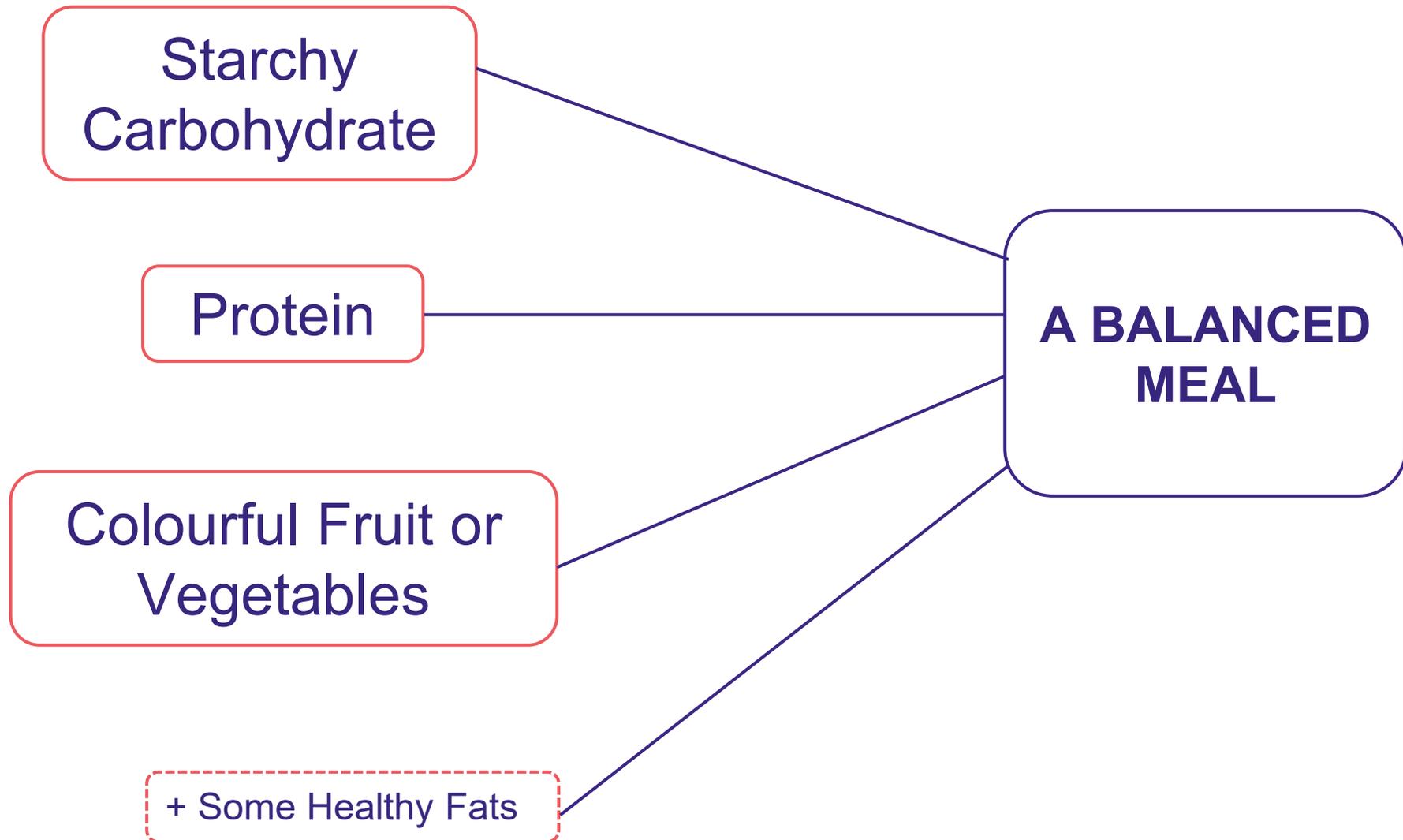
<https://www.bbc.com/health/10704599/5-fad-diets-lose-weight-fast-keto>

09/01/2020 · [BBC News](#) dietitian. She explained that the **diet** requires followers to break up their food intake to 10 per cent carbs, 70-80 per cent fats and just 15 ...

How diet can be structured

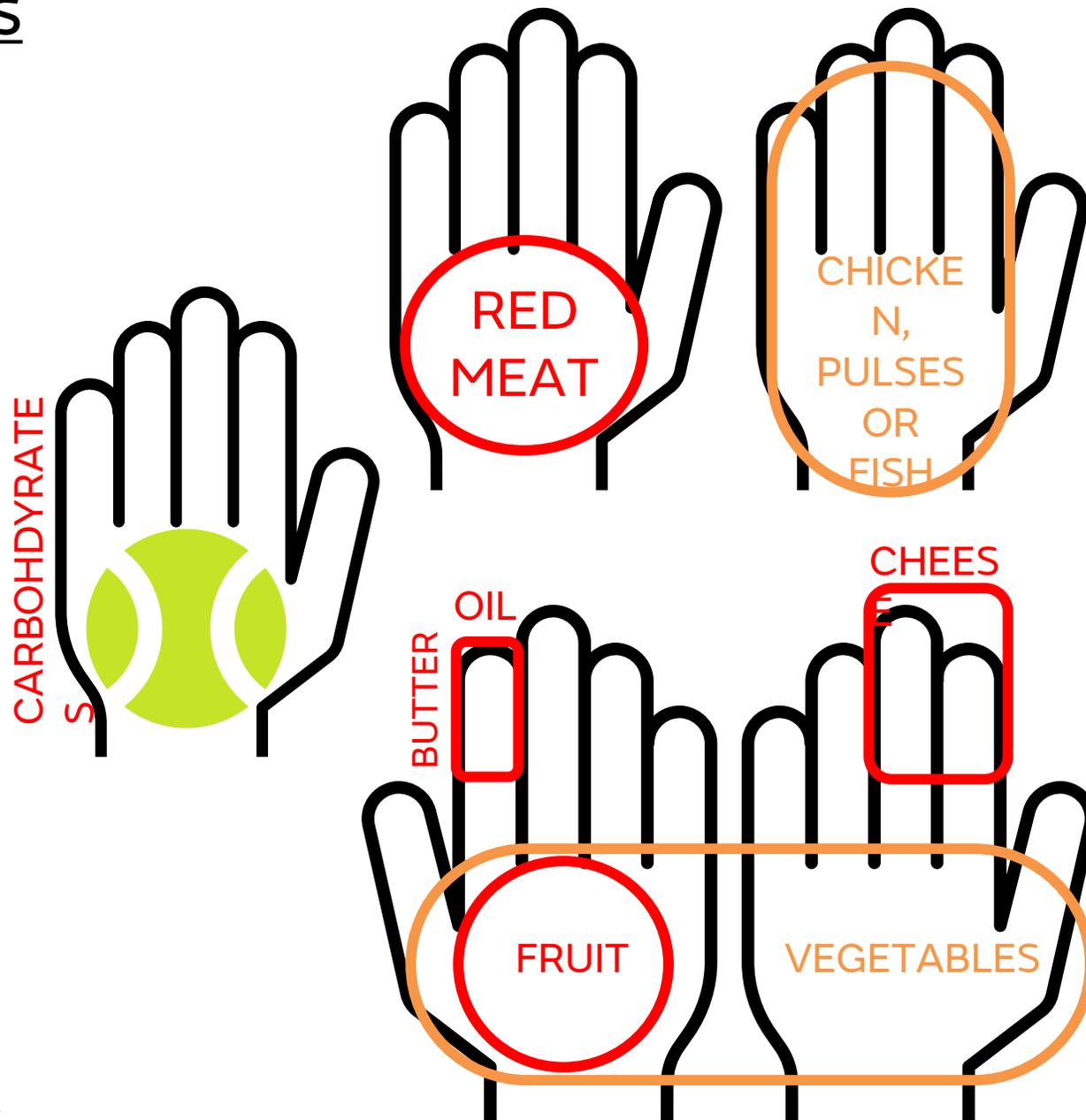


What is a well-balanced meal?



The importance of portions

- Being familiar with portion sizes can help maintain an overall appropriate diet.
- Although proteins, fats and vegetables stay consistent, carbohydrates vary depending on your activity levels.
- Performing purposeful exercise during the day will increase this serving size by two or more times in the meals closest to exercise.
- Knowledge of portions can also help reduce food waste.



Energy levels



Maintaining energy levels throughout the day can be a challenge.

However, there are some key factors related to nutrition that we can pay attention to in order to prevent peaks and troughs of energy throughout the day.

These include...

Hydration

Food source choice

Micronutrient intake

Caffeine

Sleep Quality

Hydration

- Hydration is a fundamental component of our nutrition, helping to maintain;
 - Concentration
 - Digestion
 - Nutrient transport
 - Blood flow
 - Waste product removal
 - Lubrication of joints and eyes
- **Adults should aim to consume approximately 2L of fluid per day, though factors such as weather and exercise increase this goal**
- All drinks count towards your hydration, even coffee, tea and milk based drinks
- Although the dehydrative impact of caffeine in coffee is over overstated, coffee should not account for the majority of your fluid intake
- Try to keep a water bottle with you so you can keep drinking and stay well hydrated throughout the day.



Food choice

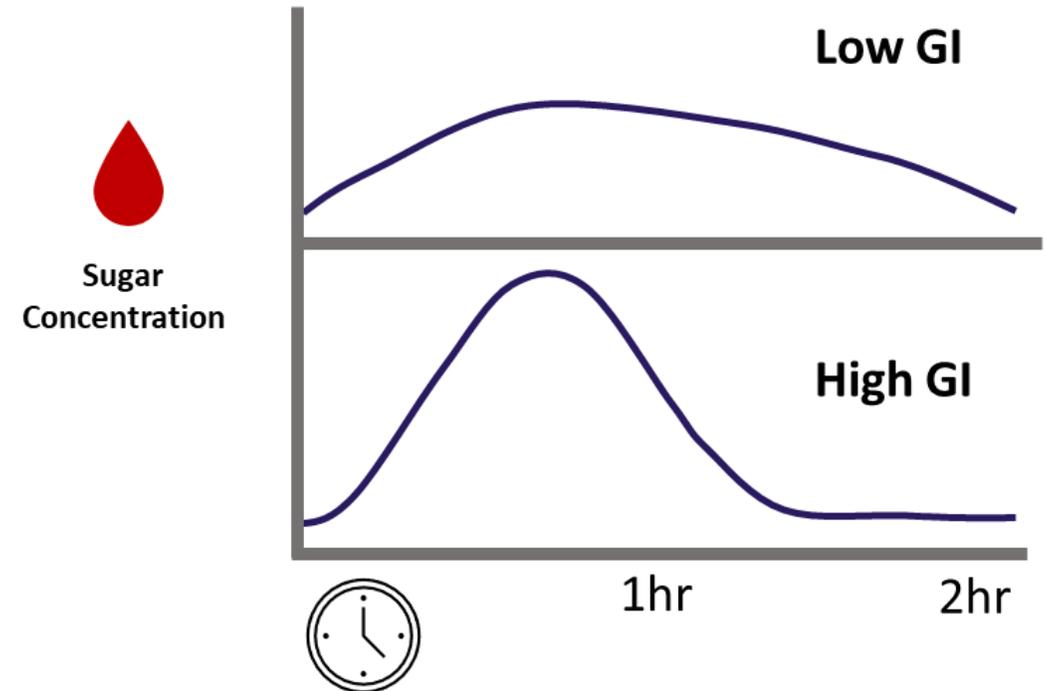
The foods we choose can also have a profound effect on our perceived energy levels

For example, choosing different types of carbohydrate can have a very different impact on our energy levels.

The diagram shows the effect on blood sugar concentration of carbohydrate foods with different GI (Glycaemic index).

Lower GI carbohydrates typically contain more fibre and other nutrients which take longer to break down.

Choosing Low GI, slower digesting carbohydrates can help to provide sustained energy over a longer period.



Caffeine

- Caffeine is the most used psychoactive drug in the world
 - It blockades receptors of adenosine, a molecule which helps prepare our body for sleep
 - Caffeine increases mental alertness while your body continues to fatigue
 - It does not remove the need for sleep
-
- Energy drinks can contain **three quarters** of this safe limit in a single can
 - Too much caffeine can lead to irritability, sleep disturbance, nausea and anxiety, amongst other cardiovascular symptoms



400mg

3-4 x 

Alcohol

Alcohol is the causal factor in more than 60 medical conditions. Drinking over the recommended limit increases the risk of damage to :

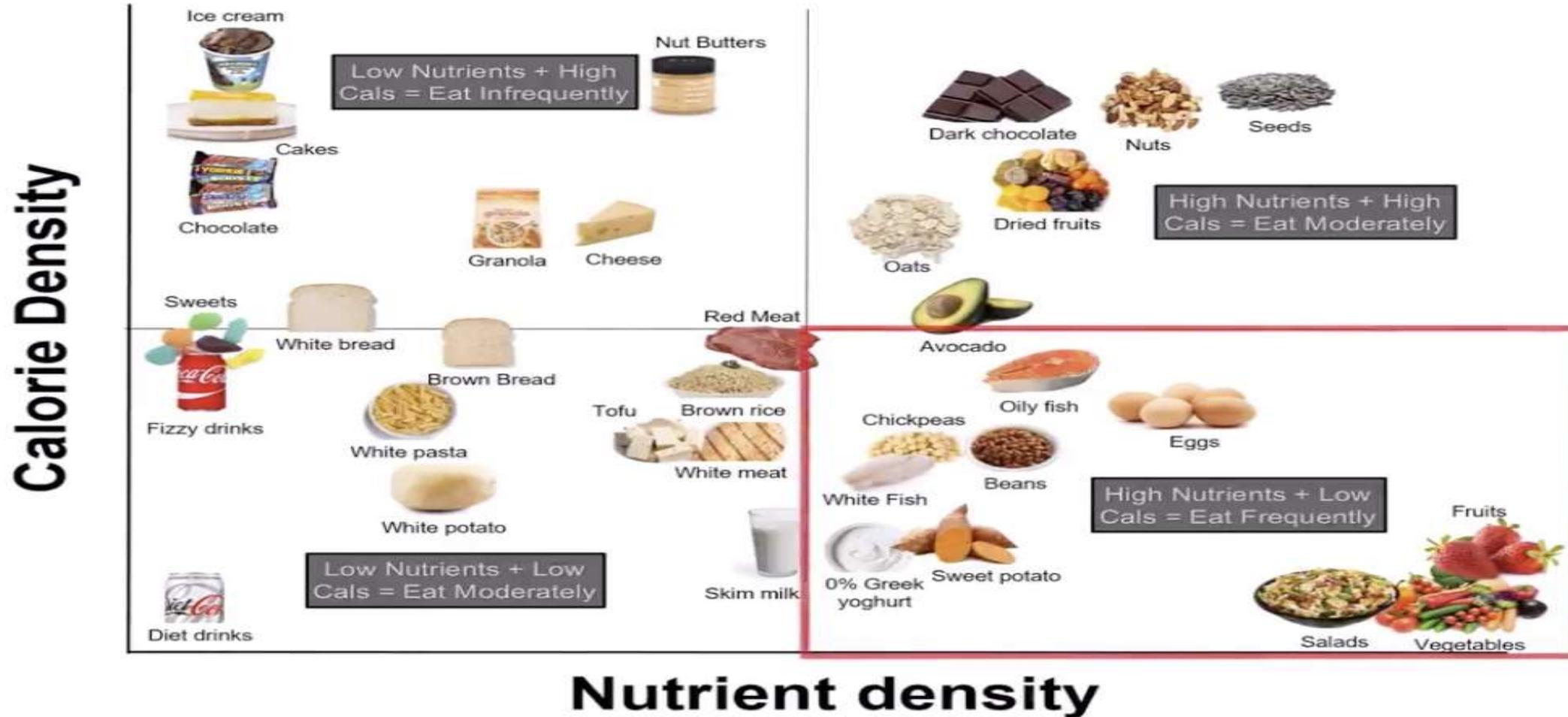
Liver	Disease, cancer, hepatitis, cirrhosis
Pancreas	Pancreatitis
Heart	Coronary disease, increased blood pressure, damage to heart muscle
Stomach	Ulcers, vomiting, diarrhoea
Brain	Blackouts, memory loss, brain damage, stroke
Mouth	Oral & throat cancer, risks are increased among those people who drink & smoke
Other Cancers	Breast, bowel, throat, colon, rectal



Drink	Units
1 Pint Strong lager	3
1 pint ordinary lager, bitter, cider	2
Alcopop	1.5
Small glass of wine	1.5

[Unit and Calorie Calculator | Drinkaware](#)

Calories v Nutrients



Food swaps

- Try healthy food swaps to reduce the salt and the sugar in your diet.
- Small changes can add up to make a big overall difference to your diet



Shifting Nutrition

Working shifts can impact the way you eat and the types of foods and drinks you consume.

Research shows that shift workers, especially males, are at an even greater risk of developing type 2 diabetes.

Having a healthy diet, maintaining a healthy weight and exercising regularly, you can decrease your risk, delay or even prevent the onset of type 2 diabetes, as well as maintaining your body's day to day function and energy levels.

Choose healthy drinks:

- › Drink plenty of water.
- › Limit your intake of sugary drinks, alcohol and caffeine.
- › Avoid caffeine at least 6 hours before sleeping.

Aim to maintain a regular eating pattern, regardless of your shift:

- › Eat every three to four hours: aim for three main meals and two to three snacks in a 24hr period.
- › *Eat according to the time of day*, breakfast foods in the morning, lunch foods in the middle of the day and dinner foods in the evening.
- › Late at night, eat snacks that contain protein instead of a large meal at a time when you would normally be sleeping.
- › Eat a small meal after your shift so you don't go to bed hungry.
- › Watch your portion sizes - make sure you don't overeat.

Shift Working and Sleep

More than 3.5 million shift workers in the UK (HSE).

Fatigue and sleep disturbance

Disruption to family and social life

Health effects

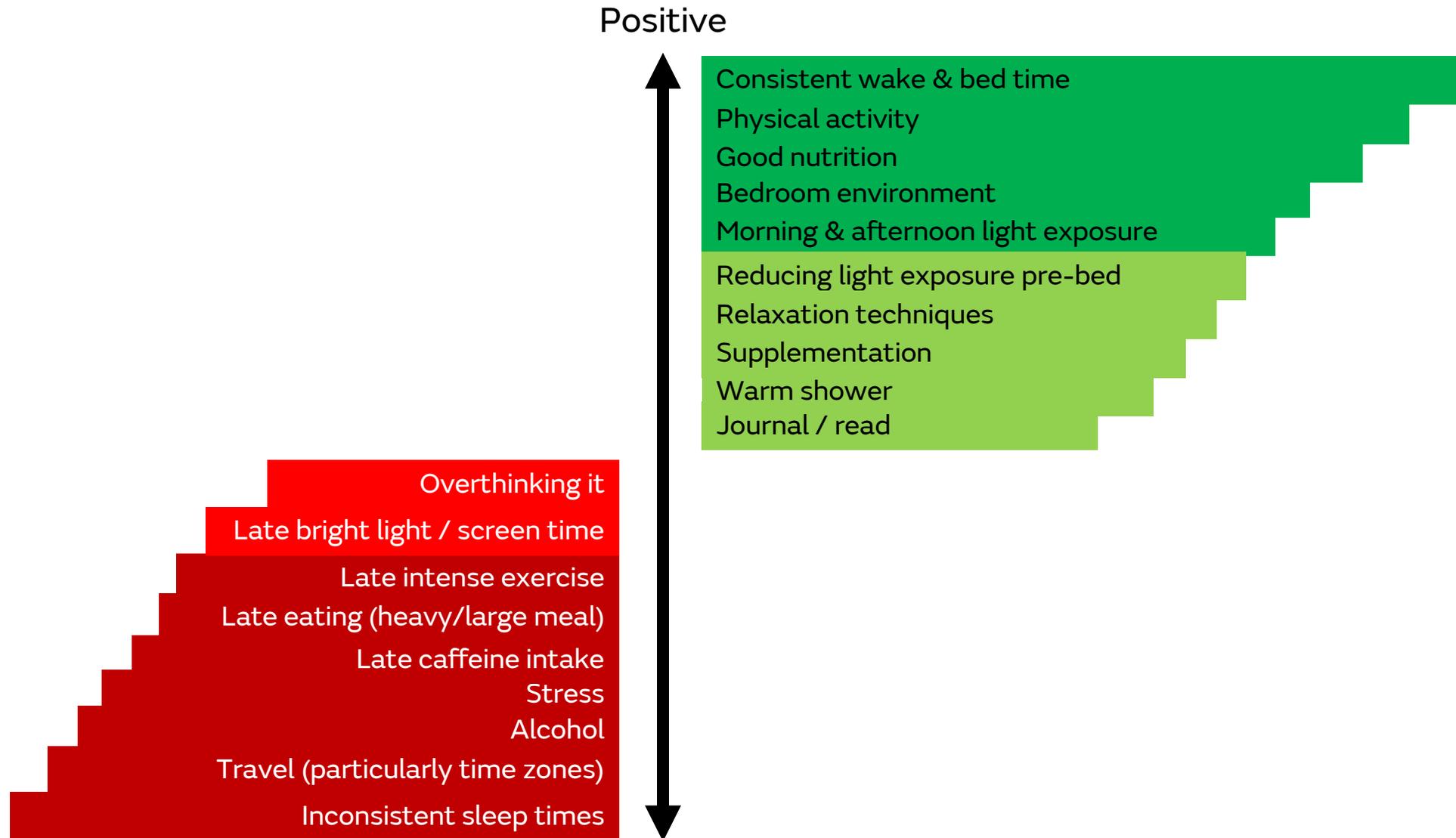
Errors, productivity and accidents

Suggestions:

- Identify a suitable sleep pattern
- Make the environment suitable for sleeping
- Try to avoid stimulants and sedatives
- Talk to family and friends.



Positive & Negative Contributors to Sleep



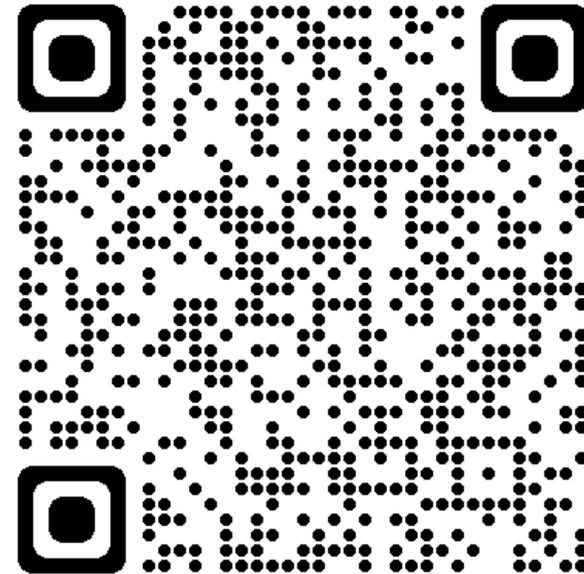
Take home messages

- There is no one size fits all
- You are not defined by the food on your plate
- Have a knowledge of nutrients but be aware that we eat whole foods
- Strive for balance, not perfection



Nutrition Webinars

- Nutrition & Behaviour change
- Eating for Health & Energy
- Healthy Weight for Life
- Self-paced e-learning coming soon



LIVE WELL- TAKE NOTICE: KNOW YOUR NUMBERS

Centre for Wellbeing

Why Have a Mini Health Check?

A Mini Health Check:

- Is crucial for the benefit of general well being and overall health.
- Would help you to *detect any possible or upcoming health issues* to be diagnosed and treated properly
- Checks for *warning signs that your risk* of these health conditions is higher than average.
- Can give you lifestyle advice, and possibly medical treatment, to *bring your risk down.*
- Some warning signs of cardiovascular disease, such as high blood pressure and high cholesterol, are *"silent", which means they have no symptoms.*



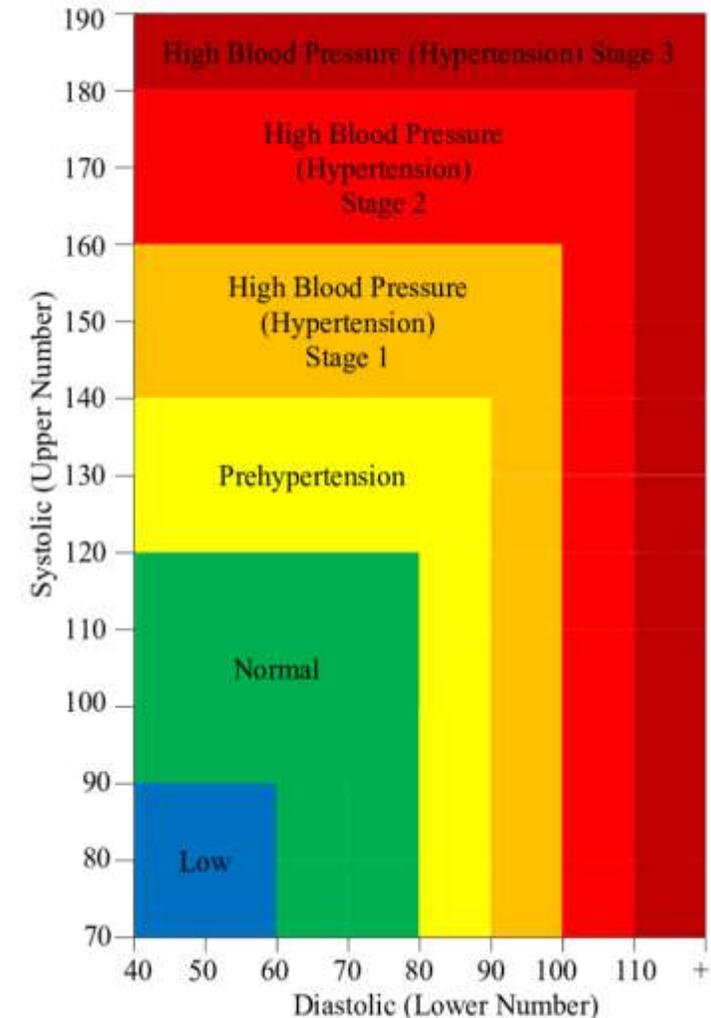
What is Blood Pressure?

- Blood pressure is a measure of *the force that your heart uses to pump blood around your body*. The pressure of blood in the arteries varies with the pulse wave that is caused when the heart beats.
- When your blood pressure is measured, the *higher (systolic)* reading is the pressure when the *heart is squeezing blood into the* arteries.
- The *lower (diastolic)* reading is the pressure when the *heart is resting between beats*

What can you do?

- Drinking too much alcohol, smoking, being overweight and not getting enough exercise can also contribute to high blood pressure, so it is important these are addressed too.
- Sometimes, lifestyle changes alone can lower high blood pressure, meaning that tablet treatment can be avoided.

Blood Pressure Range Chart



What is Blood Sugar?

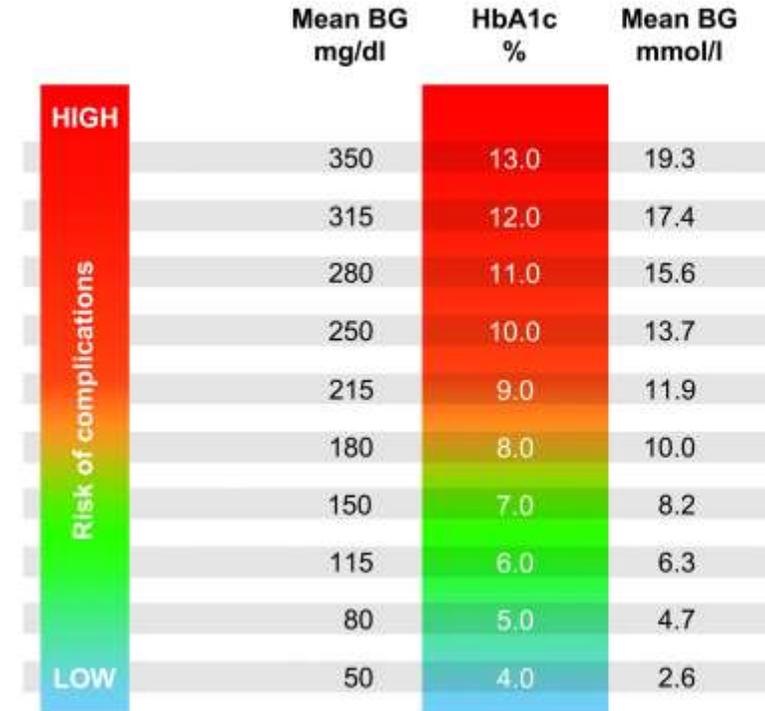
Blood sugar levels are literally the amount of glucose in the blood, sometimes called the serum glucose level.

How is blood sugar related to diabetes?

- Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.
- If your blood sugar level is above the normal range, your risk of developing full-blown diabetes is increased.

Why does blood sugar need to be controlled?

- High levels of glucose present in the blood over a sustained period will *damage the blood vessels*.
- Poorly controlled blood glucose levels can increase your increase your chances of developing diabetes and cardiovascular disease.
 - *Type II is reversible through lifestyle change!*



What is Cholesterol?

- Cholesterol is a *fatty substance* known as a lipid and is vital for the normal functioning of the body.
- Cholesterol is *essential to cells throughout the body* and is used in the production of other chemicals.
- Cholesterol is carried from the liver to the cells in the body and back to the liver by two different proteins – these are known as *Lipoproteins*

Healthy Cholesterol Range				
	Unit	Optimal	Intermediate	High
Total Cholesterol	mg/dL	<200	200 - 239	>239
	mmol/L	<5.2	5.3 - 6.2	>6.2
LDL Cholesterol (calculated)	mg/dL	<130	130 - 159	>159
	mmol/L	<3.36	3.36 - 4.11	>4.11
HDL Cholesterol	mg/dL	>60	40 - 60	<40
	mmol/L	>1.55	1.03 - 1.55	<1.03
Triglycerides	mg/dL	<150	150 - 199	>199
	mmol/L	<1.69	1.69 - 2.25	>2.25
Non-HDL-C (calculated)	mg/dL	<130	130 - 159	>159
	mmol/L	<3.3	3.4 - 4.1	>4.1
TG to HDL ratio (calculated)	mg/dL	<3	3.1 - 3.8	>3.8
	mmol/L	<1.33	1.34 - 1.68	>1.68

What can you do?

The first step in reducing your cholesterol is to maintain a healthy, balanced diet. It's important to keep your diet low in fatty food. Other lifestyle changes, such as taking regular exercise and giving up smoking (if you smoke), can also make a big difference in helping to lower your cholesterol.

HDL High Density Lipoproteins

High Density Lipoproteins return the extra cholesterol not needed by the cells of the body back to the liver. These are referred to as "Good Cholesterol".

LDL Low Density Lipoproteins

Low Density Lipoproteins, which carry cholesterol from the liver to the cells are referred to as "Bad Cholesterol".

What is Body Mass Index (BMI)?

How is BMI calculated?

- The BMI calculation divides an adult's weight in kilograms by their height in meters squared, e.g. BMI of 25 means 25kg/m².
- BMI can be divided into several categories.
- The higher your BMI, the greater your risk of a large range of medical problems.

How to improve your BMI score

- Lose weight.
- Exercise more.
- Eat a healthy balanced diet.
- Drink water and stay hydrated.

WEIGHT		90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290				
lbs		41	45	50	54	59	64	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132				
kgs		18.2	20.5	22.7	24.5	26.3	28.1	29.9	31.8	33.6	35.4	37.2	39.0	40.8	42.6	44.4	46.2	48.0	49.8	51.6	53.4	55.2				
HEIGHT		Underweight					Healthy					Overweight					Obese					Extremely Obese				
ft/in																										
cm																										
4'8"	142.2	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65				
4'9"	144.7	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63				
4'10"	147.3	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	58	61				
4'11"	149.8	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58				
4'12"	152.4	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	50	52	54	56				
5'1"	154.9	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	48	50	52	54				
5'2"	157.4	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	45	48	49	51	53				
5'3"	160.0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51				
5'4"	162.5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	44	46	48	50				
5'5"	165.1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48				
5'6"	167.6	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	38	40	42	43	45	47				
5'7"	170.1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	43	44	45				
5'8"	172.7	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44				
5'9"	175.2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43				
5'10"	177.8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	40	40	42				
5'11"	180.3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40				
5'12"	182.8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39				
6'1"	185.4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38				
6'2"	187.9	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	35	37				
6'3"	190.5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36				
6'4"	193.0	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35				
6'5"	195.5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34				
6'6"	198.1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34				
6'7"	200.6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33				
6'8"	203.2	10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32				
6'9"	205.7	10	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31				
6'10"	208.2	9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
6'11"	210.8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30				

Waist circumference

Waist circumference is a good measure of fat around your middle. This type of fat *builds up around your organs*, and is linked to

- high blood fat levels,
- high blood pressure
- diabetes

A larger waist usually also means there is **excess fat inside your organs**. When this happens in your liver, for example, it pumps out too much fat and sugar into the blood, increasing your risk of:

- coronary heart disease and
- diabetes.

Non-South Asian	Male	<94cm	94-101cm	>102
	Female	<80cm	80-87cm	>88
South Asian	Male	<90cm		>90
	Female	<80cm		>80

South Asian people *tend to carry more fat and less muscle* at the same weight as a white European. And the risk of diabetes and heart and circulatory diseases starts to increase at a lower weight gain than for Europeans

What is QRISK®3?

QRISK®3 is a well-established cardiovascular (heart) disease (CVD) risk score, in use across the NHS since 2009. It's designed to *identify people at high risk of developing CVD* who need to be recalled and assessed in more detail to reduce their risk of developing it.

The QRISK®3 score estimates the risk of a person developing CVD over the next ten years.

How is QRISK calculated?

Age, systolic blood pressure, smoking status and cholesterol/HDL ratio together with body mass index, ethnicity, family history, chronic kidney disease, rheumatoid arthritis, atrial fibrillation, diabetes and any cases of heart attack or angina - data is uploaded to The QRISK calculator.

What does the result mean?

If someone has a ten-year QRISK®3 score of 20% then in a crowd of 100 people like them, on average 20 people would get CVD over the next ten years. Or put another way, *they have a 'one in five' chance of getting CVD over the next ten years.*

What is cardiovascular disease (CVD)?

- Cardiovascular disease is a term used by doctors to refer to a collection of diseases such as:
Coronary heart disease (heart attack and angina).
- *Strokes and TIAs (mini-stroke).*
- *Peripheral arterial disease (blockage in the arteries to limbs).*

What are the risk factors?

- Smoking.
- High blood pressure.
- Diabetes.
- Inactivity.
- Being overweight or obese.
- Family history of CVD.
- Ethnic background (CVD is more common in people of South Asian and African or Caribbean background).

What is WHO-5?

The World Health Organisation- Five Well-Being Index (WHO-5) is a short self-reported measure of current mental wellbeing.

The WHO-5 consists of five statements, which respondents' rate according to the scale below (in relation to the past two weeks)

All of the time = 5

Most of the time = 4

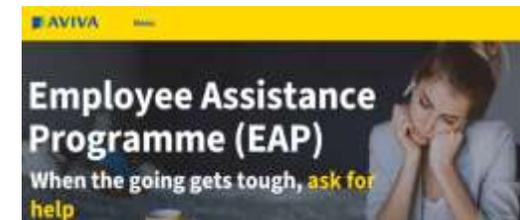
More than half of the time = 3

Less than half of the time = 2

Some of the time = 1

At no time = 0.

The total raw score, ranging from 0 to 25, can be multiplied by 4 to give the final score, with 0 representing the worst imaginable well-being and 100 representing the best imaginable well-being.



LIVE WELL- GIVE: HEALTH
COACHING

GOAL SETTING



People with goals are 10x more likely to succeed

- This does not always mean setting new goals, but looking at what **has** worked for you and what **hasn't** to identify goals

People with written goals are 42% more likely to succeed

- This can be impacted by the brain's ability to encode, store long term memory and create external storage via written form

70% of people who shared their goals with friends/family accomplished them

- This may play into the types of motivation we have. Do we perform better under external pressures/expectations.
- Or could be due to support and shared responsibility/opportunities



What can get in the
way?

COM-B Model

CAPABILITY

Capability refers to the individual's ability to perform a behaviour. E.g. if someone wants to start exercising but doesn't know how to use gym equipment, they may lack the capability to do so.

MOTIVATION

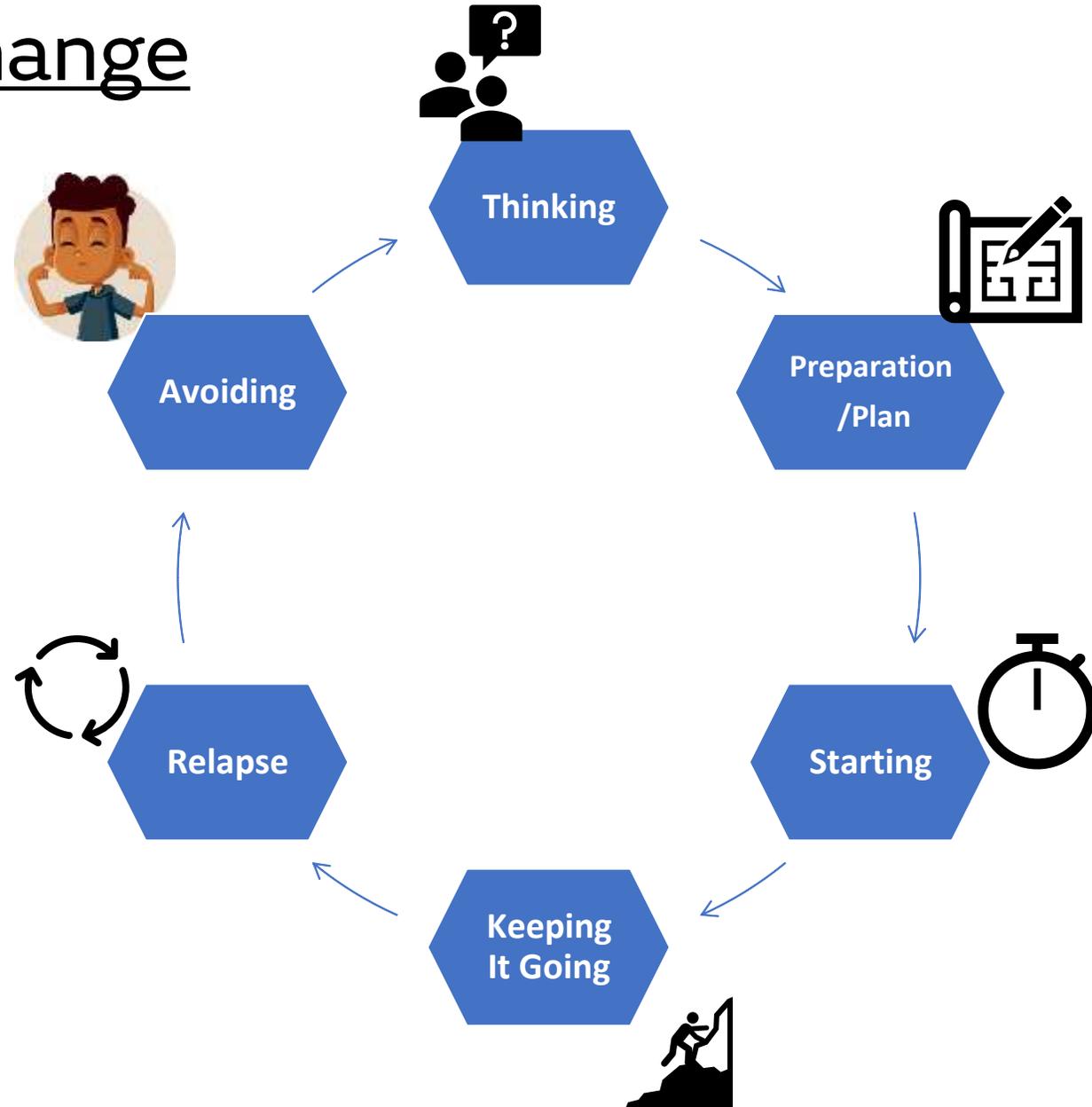
Motivation refers to the individual's intentions, attitudes, and beliefs about a behaviour. For example, if someone wants to start exercising but believes they're not physically capable of it, they may lack the motivation to do so.

OPPORTUNITY

Opportunity refers to the availability and accessibility of resources and support for a behaviour. For example, if someone wants to start exercising but their local gym is closed, they may lack the opportunity to do so.

Interventions aimed at behaviour change should focus on addressing one or more of these factors.

Implementing change

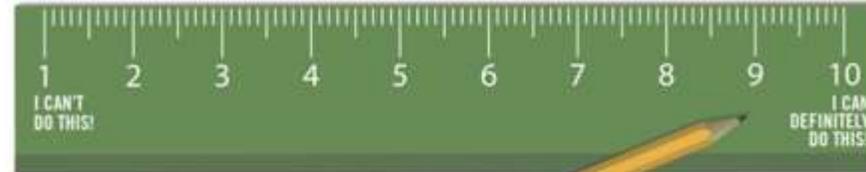
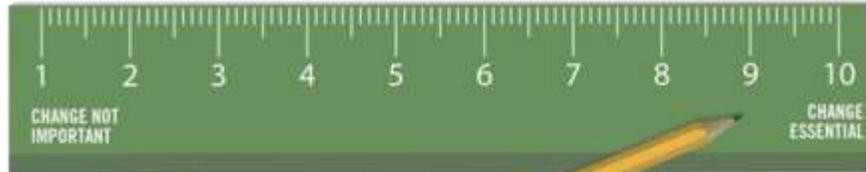


Learning from our mistakes

- What is the difference between a slip up and a relapse?
- What might cause a relapse?
- What might help to avoid a relapse?
- What are the benefits of a relapse?
- If someone is currently going through a relapse what might help them get back on track?

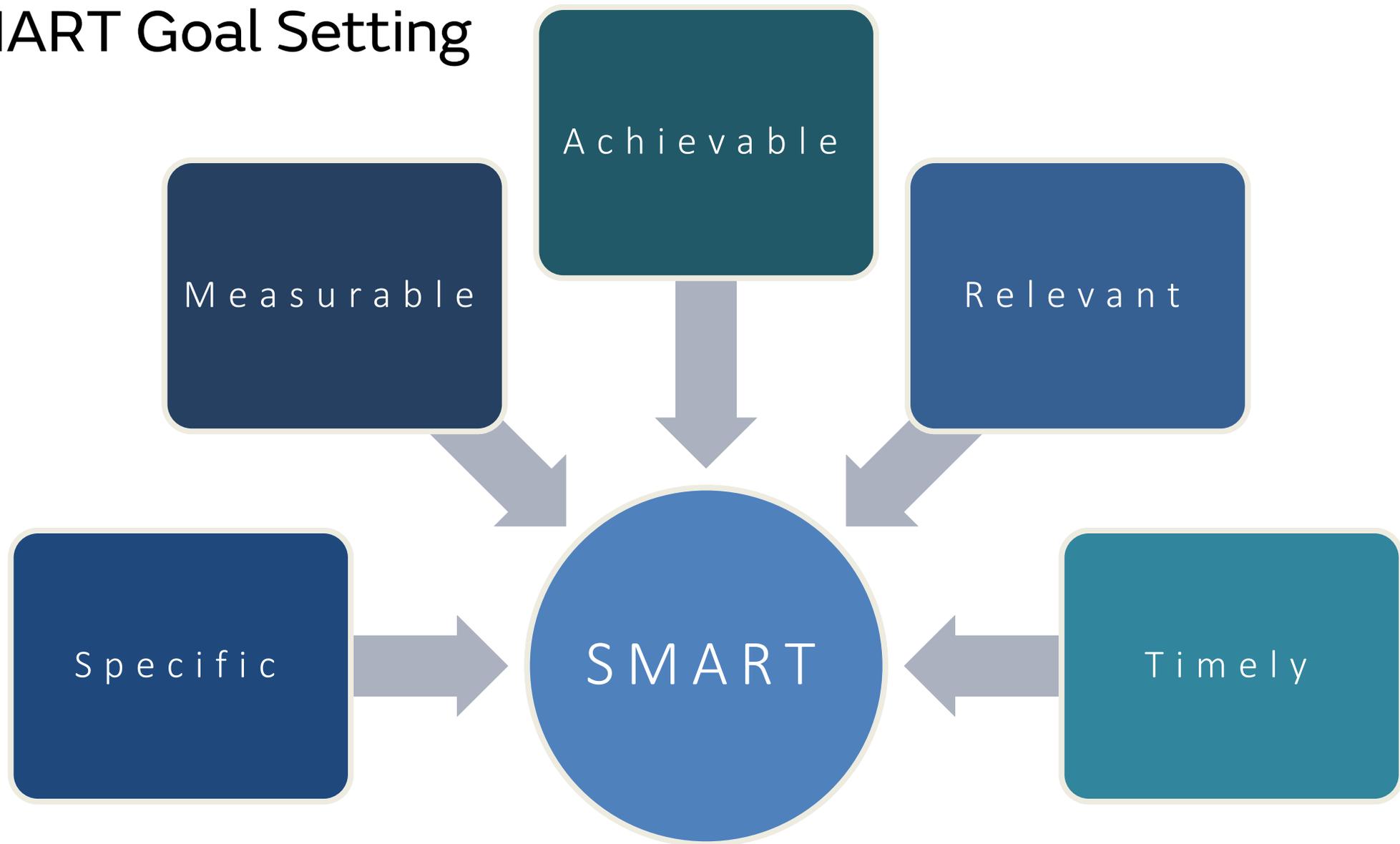
Goal setting

- MI without a specific goal will often result in ambivalence – no progress
- Behaviour change is hard - creating a SMART goal can help to support change
- A goal needs a plan !!
- **Importance + Confidence ruler**



- What could you do to make it more important?
Consider the risk factors of not making changes, benefits of making changes, how might you feel if you...?
- What could you do to increase your confidence?

SMART Goal Setting



[SMART Goals: "How to" in 60 seconds - Bing video](#)



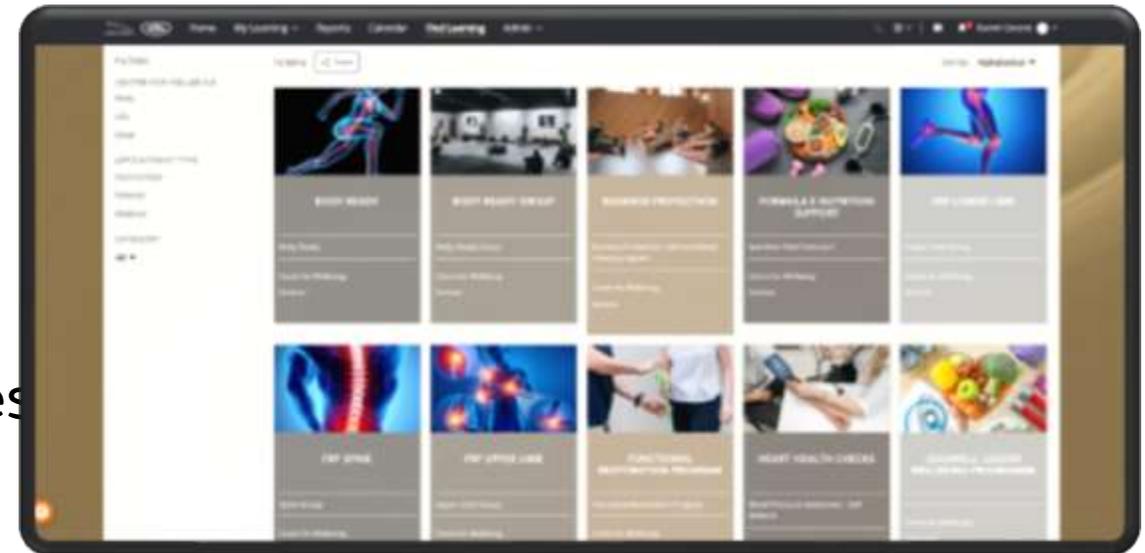
Give - Yourself a chance to set a goal

LIVEWELL- SIGNPOSTING

Totara booking system



- Ability to self-enrol onto courses
- To book onto an event or engagement activity
- To book or catch up on a webinar recording
- To access course certificates and badges



Move well

- Available as self-enrolment, group session
- Flexibility, balance and mobility sessions
- 4 classes focused on – Total body flow, Upper body and Thoracic spine, Lower body and Lumbar spine, Core stability and balance
- 60 minutes Thursday 3:00pm at HWD

**Sign Up
Now!**



Eat Well - Nutrition E-Learning

- Available as self-enrolment
- Written and delivered by registered Nutritionist
- Self-paced engagement
- 8 Sessions. Completion of session releases the next in sequence.
- 30-minute sessions broken down into 10min bitesize videos.

*Individuals will need to sign up to Totara using a JLR email.
Once signed up the platform will save their progress and login information for easy access.
This includes accessing other services withing the CfW via Totara.*



[Course: EatWell \(jlr-cfw.com\)](https://jlr-cfw.com)



Signposting

JLR EAP – Employee Assistance Programme

With the EAP, you have 24 hour personal assistance. At any time, day or night, you can talk in confidence to a qualified advisor or access helpful information and articles online.

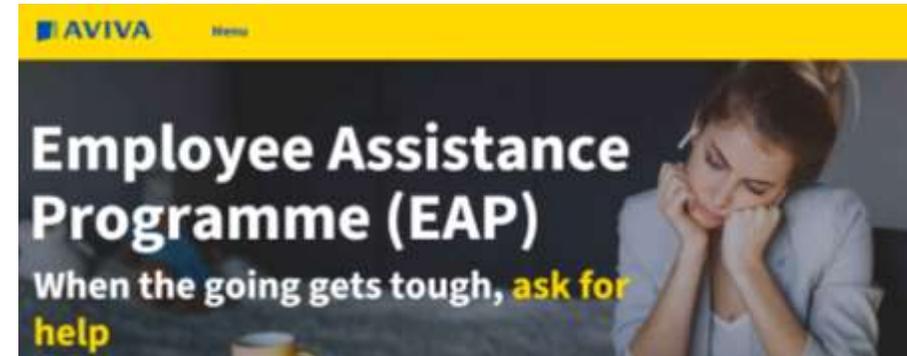
The FREE helpline is available 24 hours a day, 365 days a year

Call **0800 015 5630**

Or visit eap-carefirst.com and enter:

Username: **lifestyle1234**

Password: **carefirst**



The EAP service is facilitated by Aviva and delivered by Care first. It is free for all JLR employees to use.

24/7 counselling helpline

The Employee Assistance Programme includes access to a 24/7 helpline for in-the-moment support. Your employees can talk to qualified counsellors from The British Association of Counselling and Psychotherapy (BACP), about any personal issues they may have

Other Wellbeing Services

The BEN Fund- Automotive charity supporting those who work or have worked within the industry <https://ben.org.uk/>

Please note that regardless your employment status: JLR core/ contractor/self employed etc you can apply to the BEN fund for services. It applies to anyone undertaking work in the automotive industry.

THRIVE APP: An NHS approved digital proactive prevention tool for stress and anxiety. **Access/coupon code: JLR0001**

AQUARIUS - Drug, Alcohol and Gambling service



Digicare+

- Access to a series of health and wellbeing benefits through the Aviva DigiCare+ Workplace app
- [DigiCare+](#) is an app provided to JLR by Aviva and run by SquareHealth and will be available to all UK JLR employees and provides the following services to employees and their partners and children (under 18, or under 21 in full time education):
 - Annual health check (including at home finger prick blood sampling testing 20 minutes)
 - 3 Digital GP appointments
 - 6 Mental Health appointments
 - 6 Nutritionist appointments
 - 2 Second medical opinions.
 - Appointment numbers are shared between all family members and entitlement resets every 12 months
- Your pin for the DigiCare+ app is 093361



Essential Apps For a Healthy Mind & Body

Workouts



Nutrition



My Fitness Pal



Mindfulness



Fitness tracking



LIVE WELL- Q+A & FEEDBACK

Feedback form

Please complete the post LiveWell feedback form survey by using the QR code

This will help us to continually work towards improving the service for all JLR employees



Recap- what's available to us?



MOVE
WELL



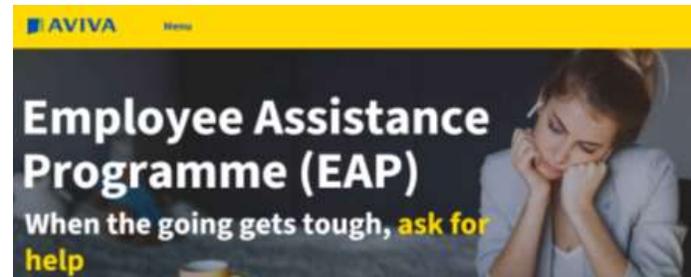
TOTARA
<https://jlr-cfw.com/login>



WELLBEING WEBINARS



PIN:
093361



Visit eap-carefirst.com and enter:
Username: **lifestyle1234**
Password: **carefirst**



THRIVE APP
Access/coupon code: JLR0001