

# PHYSICAL WELLBEING JOURNEY

JAGUAR LAND ROVER



## STRUGGLING

I'm concerned about my health. I have specific issues that worry me and I'm not sure what I can do to make improvements



## GETTING STARTED

I don't feel at my best, and I'm ready to make some changes to get fitter and healthier



## MAKING IMPROVEMENTS

I do some things to look after my health and am keen to do more to be at my best and get the most out of life



## MAINTAINING/THRIVING

I look after my health and feel good. I want to explore ways to stay on top form

### DISCOUNTED MEMBERSHIP AT PUREGYM AND OTHER FACILITIES

Discounts on a range of shops and services including gyms and sports clothing and equipment retailers through the SmartSpending app from Reward Gateway. Click [here](#) for instructions for downloading the app

### FITNESS TEST

Check you own levels of fitness at home without the need for specialist equipment. This simple guide shows typical scores for your age and gender, and is a good way to track your improvement. Download the [Wellbeing Pack](#) to find out more (page 12)

### ADVICE, INFORMATION, AND PODCASTS

There's a wide range of information and advice on your physical health on the [Wellbeing Website](#). Visit the [Body pages](#) to find out more.

### INJURY RECOVERY AND PREVENTION RESOURCES

Advice on avoiding and managing a range of minor physical injuries. Visit the Body resources [here](#)

### AVIVA GET ACTIVE

Access to great savings on a variety of products and services to help you get active and keep healthy. Includes gym memberships, online work-outs, at-home fitness, and other products and services that can enhance a healthy lifestyle. Find out more [here](#). Access code: HCGLRG

### FIT FANS

Campaign from the English Football League Trust and linked to the NHS Better Health campaign, FIT FANS is a FREE health programme for men and women aged 35-65 who are looking to lose weight, get fitter and lead a more active life. Click [here](#) to find your local participating team.

### MENTAL WELLBEING JOURNEY

interactive tool you can download to help you identify the right support for you, whether your doing well and want to stay on top form, or are struggling and in need of some help. Find out more [here](#).

### ADVICE, INFORMATION, AND PODCASTS

There's a wide range of information and advice on your physical health on the [Wellbeing Website](#). Visit the [Body pages](#) to find out more.

### NHS BETTER HEALTH CAMPAIGN

There has never been a better time to kick start your health. Better Health has a range of tools and support to help - find what works for you. Find out more [here](#).

### NHS ONE YOU SLEEP ADVICE

Wide range of [advice and support](#) from the NHS Better Health campaign to help you get a good night's sleep.

### NHS ONE YOU EASY MEALS APP

[Handy guidance](#) from the NHS to help you understand how to eat a healthy, balanced diet.

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### OCCUPATIONAL HEALTH

If your health (physical or mental) is affecting your ability to do your job, Occupational Health can support. Speak to your manager about a referral.

### DISPLAY SCREEN EQUIPMENT (DSE) E-LEARNING AND ASSESSMENT

If your role involves you working at a computer, complete the DSE e learning and assessment to make sure you're workstation is set up to keep you comfortable and avoid strain when you're in the office. Search 'DSE training and assessment' in SuccessFactors (JLR email address required). Or for remote working, check out the guide to setting up your work area [here](#).

### SILVERCLOUD

Online courses to help you manage the emotional impact of chronic health conditions as well as other areas of mental health and wellbeing. Access through BEN - the automotive industry charity, here to help with life's ups and downs [Website](#) Helpline (Open Monday to Friday 8am – 8pm) 08081 311 333 [supportservices@ben.org.uk](mailto:supportservices@ben.org.uk)

### DIABETES RISK SCORE

Finding out your risk of Type 2 diabetes only takes a few minutes. It could be the most important thing you do today. Find the tool from Diabetes [UK](#).

### SUPPORT FOR GAMBLING, ALCOHOL, AND DRUG USE

Confidential and non-judgmental advice and support is from Aquarius. Self-refer by phone for CONFIDENTIAL sessions with our specialist practitioner. All JLR sites: 0121 700 3766 Monday to Thursday 07:30-16:00 Fridays 07:30-15:30

### DRINK FREE DAYS APP

[Free app](#) from NHS Better Health campaign to help you track your drinking and help you achieve alcohol free days each week. Visit to find out more.

### QUIT SMOKING APP

[Free app](#) from NHS Better Health campaign to help you quit smoking for good. Visit to find out more

### GP

If you're concerned about your health, speak to your GP. They'll be able to help you understand your different options, and refer you one for specialist support, if appropriate

JLR SERVICES

EXTERNAL

ALL SERVICES ARE AVAILABLE TO ALL UK JAGUAR LAND ROVER EMPLOYEES

VISIT THE WELLBEING WEBSITE FOR INFORMATION AND ADVICE ON HOW TO LOOK AFTER YOUR MIND, BODY, AND LIFE

FITNESS

ENERGY

HEALTH