



myhealthHQ

nib's online health and wellness portal

myhealthHQ is an innovative solution from nib that helps your business to plan, implement and measure successful employee wellness initiatives

myhealthHQ makes healthy living initiatives accessible to employees and measurable for employers

Gain insight into the health of your workforce with sophisticated analytics and reporting tools displaying real time, aggregated data in a visual format.

Implement targeted and effective wellness initiatives that are evidence based and aligned to business objectives, budget and employee profile.

Build a wellness brand via the customisable portal featuring a wealth of user friendly tools and healthy content.

Capture workplace health

myhealthHQ's Wellness Assessment is a powerful awareness-raising tool for both employees and employers.

- 1** Employees complete a secure and confidential wellness assessment and receive immediate health feedback.
- 2** Data is aggregated to protect employee privacy and collated to give you an evidence based health snapshot of your workforce.
- 3** Targeted and effective wellness initiatives can then be planned and implemented.



To find out more about **myhealthHQ** call **0800 123 nib**

This information is correct as of 1 September 2015 and is intended as a summary only.

nib
it's worth it

myhealthHQ's online solution is the centre of your company's health and wellness strategy

Build a company wellness brand with myhealthHQ by customising the portal with your company brand, developing targeted content and integrating all your initiatives and programs in one place.

The portal toolkit features:

- ✓ wellness assessments and quizzes
- ✓ healthy living programs
- ✓ hot topics
- ✓ regular e-newsletters



Having healthier employees can:

- Improve productivity
- Reduce absenteeism
- Build staff engagement



Full customisation and branding with your company logo, colours and style

Dedicated banners for company communications

Targeted and engaging content for your audience

Showcase company initiatives via customised toolbox links

Online booking system for site services

Integrate company and third party programs and initiatives

Create and target specific user groups and locations

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