



Your Employee Guide.

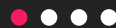
Britain's Healthiest Workplace is the UK's largest workplace-wellbeing survey.

We launched it for the first time in 2013 to help businesses understand their employees' health and how it links to their productivity.

Since then, 520 organisations and 185,000 employees in the UK have taken part and the survey has launched in 8 countries across the globe.



FOUNDED IN 2012 | LAUNCHED IN 8 COUNTRIES | PARTICIPATION IS FREE



Why participate?

Britain's Healthiest Workplace helps you to understand, maintain and improve your health and wellbeing.

We do this by providing you with specific guidance based on your particular lifestyle choices and risk profile, as well as reporting to your employer on changes they can make to support you and your colleagues to be healthier.



Did you know?

42%

of employees do not sleep well.
Do you have good quality sleep?

57%

of employees have stress at work.
Are you one of them?

1 in 3

employees do not exercise enough.
Does your level of activity put you at risk?

Source: Britain's Healthiest Workplace 2019

By taking part in the survey, you will receive:



Win

Complete the survey and you'll be entered into a prize draw to win a £100 Amazon e-gift card.
T&Cs apply

Your Employee Report:

This provides an assessment of your lifestyle choices, and physical and mental-wellbeing risks. It also includes recommendations on how to make positive changes going forward.

Your Vitality Age:

This is your current age adjusted for the impact of your lifestyle choices and risk factors, thereby providing you with a realistic view of your state of health.

In addition, by taking part in the survey you and your colleagues will be able to:

Share feedback with your employer:

Provide anonymous feedback on your work environment, and, in particular, the health and wellbeing facilities and services currently available to you.

Be recognised:

Contribute towards your organisation potentially being crowned the next Britain's Healthiest Workplace.

Your personal responses will be stored securely. They will never be made available to your employer or anyone else.

[View the Privacy Notice.](#)

How does it work?



1 Sign up:

Your employer will sign up your organisation to take part. You don't need to sign up as well.

2 Preparation:

Your employer will email you a link to complete the survey within their elected open and close dates. You'll need to complete the survey in one sitting. To prepare, you will need to know:

- Your waist measurement
- Your weight and height

And, if you know them, your blood pressure, cholesterol, and glucose levels.

3 Participation:

The survey will take around 20 minutes to complete. You can do it on a mobile or desktop using the link your employer has emailed to you.

4 Feedback:

Upon completion you will receive your Vitality Age, calculated by your survey responses, as well as some tips and guidance on improving or maintaining your health and wellbeing.

5 Recognition:

Your participation contributes to your organisation's overall understanding of the needs of its employees. They will also be in the running to be crowned the next Britain's Healthiest Workplace.

Here to help.

**Our support team are on hand if you
have any questions. You can email them at
support@healthiestworkplace.co.uk**

IN PARTNERSHIP WITH

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