

# A New Employee Health Support Service

Do you suffer from a condition that means you are at higher risk from COVID-19?

- ✓ Asthma
- ✓ Diabetes
- ✓ Obesity
- ✓ Heart Condition



In partnership with Optima Health, we are offering you a free health support service to help you understand your condition better and gain access to tools to help you to make improvements to your health and wellbeing



**Call us on 0330 008 4336 between 9am – 4pm to get started!**



You may be eligible to join our clinically supported metabolic health programme to reset your health or receive a monitor to help you monitor and measure your conditions.