**Coming soon - Healthy Extras from Westfield Health**

Looking after you when it really matters.

We all know the importance of physical exercise, but your emotional wellness is just as important. Sometimes you can face issues that not only affect your quality of life, but the quality of your work too.

Healthy Extras is an essential employee benefit, providing you with access to valuable services to help support your emotional wellbeing.

**Togetherall**

Are you worried, stressed or anxious? Do you feel low or like you’re not coping?

Togetherall is a safe online space for you to explore things that are troubling you and get the support you need, in confidence. Trained counsellors are on hand at all times to provide extra support.

The service is easy to use and completely anonymous.

**24 Hour Advice and Information Line**

It’s good to talk.

Whatever the issue, support and advice is just a phone call away. This service gives you access to confidential guidance on medical, legal or domestic issues from qualified counsellors, legal advisors and nurses.

**DoctorLine™**

Telephone access to a GP 24/7.

From anywhere in the world, 24 hours a day, you can pick up the phone and arrange a call back from a practising UK GP or clinical pharmacist. If the doctor believes that your treatment requires medication, they can offer a private prescription, usually dispensed the next working day and delivered straight to your door.

**Westfield Rewards**

Making your salary go further.

A great way to help save money on everyday items, this online portal allows you to access offers and savings on a huge range of goods and services from over 1,000 leading retailers, restaurants and destinations.

Keep your eye out for more information on how to access these services soon.