**Healthy Extras**

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 is the first step that you can take towards getting the support you need, and if you need it, you can talk to a GP over the phone or via a webcam, and access counselling services too.

Our services give quick and easy access to professional help 24/7, either online or over the phone to help with the pressures of everyday life.

**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.

Togetherall provides safe 24/7 online support. You can share your experiences with other members of the online community, express yourself in words or images, browse a library of information and follow courses on topics including managing anxiety, positive thinking and problem solving. You can also assess yourself using a range of tests on emotional health, and issues surrounding healthy lifestyles, recording your results over time. 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. From stress, bereavement or relationship advice to health and money worries, you’ll be able to talk at any time of the day or night.

**DoctorLine™**

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. You can even choose to have a webcam consultation. It’s the closest thing to a surgery appointment, but without the wait. If the doctor believes that your treatment requires medication, they can offer a private prescription, usually dispensed the next working day and delivered via a range of options to suit you.

**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.

With Westfield Rewards website you can access discount codes or purchase reloadable cards. The savings you make are often on top of sale prices, money off vouchers and online promotions, so your money goes even further. It’s retail therapy at its best.