

VITALSURANCE

Life management assistance programme

Helping customers achieve balanced living



It is important that customers are able to recognise when situations create an unhealthy amount of stress, distraction or worry. Our Life Management Assistance Programme* is offered as part of our International Health & Wellbeing optional module. This service aims to empower customers with the services and support to manage their own individual day-to-day wellbeing. This **confidential** service is available **24/7, 365 days** a year for assistance with any work, life, personal or family issue that you may be dealing with.



Emotional support

- **Short-term counselling** that can be conducted via telephone, video, or face to face.
- Common examples: managing anxiety and depression, couples' and family relationship support, bereavement, and more.
- Access to 6 sessions per topic, with **unlimited amount of topics** per period of cover.



Behavioural health

- **Mindfulness coaching:** Access 6 telephonic coaching sessions with an MBSR-trained health and wellness professional if you are experiencing stress, and challenges with focus and concentration.
- **Online Cognitive Behavioural Therapy (CBT) programme:** Self-help programme to build resilience and improve wellbeing.



Career support

- **Life coaching:** Matching employees to a professional coach to support their personal and professional goals.
- **Manager Assist:** Consultative service for managers looking to develop their people management skills.



Practical needs

- Live assistance is always available to provide **immediate support** and a tangible action plan and next steps.
- We can provide **pre-qualified referrals** to support your work-life balance challenges, including relocation logistics, child or eldercare, legal or financial services.

Our chosen third party provider has over **11,000 specialised counsellors in 200+ countries and territories** around the world. Multi-lingual support is available.



Get in touch

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