



Education Mutual Healthcare

Support, Prevention & Rehabilitation



Health & Wellness Services

NEW FOR 2020

Major Incident Support

Following a major incident in school Education Mutual support their member schools with;

- £2000 school stress counselling package for both staff and pupils
- £1500 benefit for immediate supply cover
- £1000 financial assistance for advertising and recruitment
- £500 HR advice and support

Mental Health First Aider

A certificated Mental Health First Aid course will give delegates a greater awareness of mental health, allowing them to detect early symptoms of common mental illnesses and the skills to support their own and others' positive wellbeing.



Mental Health Services

One in four of us experience a mental health problem during our lives and one in six of us are affected every year by common mental health issues. Our service gives early access to clinical assessment, with every referral receiving a clinical triage determining the most suitable evidencebased treatment pathway for your employee. Treatment is then fast tracked via our nationwide network of highly qualified therapists, offering treatment options such as online programmes, secure video conferencing, and face to face therapy.



24/7 GP Helpline and Prescription Service

Designed to be inclusive for every staff member our service gives remote unlimited access to 24/7 private GPs.

Our service gives individuals the flexibility to have a consultation with a GP in the comfort of their own home or at their place of work. Over the phone or through a video consultation, the choice is theirs. They will receive unlimited advice and reassurance, and can receive a diagnosis whenever they need it, wherever they are.

Private Prescriptions - During a call or online consultation should one of our doctors feel the individual would benefit from prescription medication, they can arrange and authorise private prescription medication. Doctors follow GMC best practice guidelines on remote prescribing and use a unique electronic prescription service for accuracy and safety.

Open referrals and Fit notes - As with remote prescribing should one of our doctors consider an individual's condition requires further investigation or treatment they can issue a private open referral letter. Or, if necessary, they can issue a private fit note. These will be emailed to the individual and with individual approval, a copy sent to their own NHS.



Nurse Support Service

Our service is staffed by experienced registered nurses, who not only understand the physical, mental and emotional needs of those affected by an accident, serious illness or emotional trauma but who also are accustomed to listening, caring and empathically supporting an individual with their issues.

Nurse advisors, take a very person centred approach, focusing on an individual's specific needs; helping them to understand their own situation and matching needs to the most suitable healthcare and support services.

Support and advice might include such situations as helping with coping strategies post bereavement;

clinical advice; help in planning post-accident and illness recovery (minor and complex);

assistance in navigating the NHS e-referral system and signposting in respect of any surgical and diagnostic needs; referrals to treatment services.

Menopause Nurse Support Service

Confidential expert advice and support on dealing with Menopause which effects around 13 million women in the U.K with almost half feeling depressed and 1 in 5 taking time off to deal with menopausal symptoms. Our Nurse support service can help you understand the treatment paths and support available to you.

Nurses will provide help and support to people suffering from, living with, or recovering from:

- Bereavement from loss of a loved one
- Cancer
- Cardiac conditions
- Lung conditions, such as chronic obstructive pulmonary disease and emphysema
- Medical trauma, such as post-traumatic stress disorder and heart attacks. mental health problems, such as addictions, anxiety, depression, schizophrenia, stress and obsessive disorders
- Motor neurone disease
- Orthopaedic conditions, including injuries to the limbs, hips and spine
- Multiple sclerosis



Call the nurse helpline

0333 1100074

Membership Benefits

Your school has joined Education Mutual to give you access to a range of health care benefits that help support you in the workplace.

The services we offer have been developed from over 20 years of experience working with Schools, Academies and their staff to target the areas where we can make a difference to people's lives.

The benefits for you are;

- You need not be absent from work to access the support
- You can access the services even if your absence condition is not work-related
- All included services are at no cost to you or your employer
- Services are clinician-led and managed by our medical professionals
- For peace of mind all our support services are completely confidential

Care Delivery

Three main support services are available to you through our nationwide network of regulated medical practitioners;



Physiotherapy/MSK Services

Sessions are available via our network of physiotherapists. We provide timely, effective therapy for muscular skeletal problems, both on face to face basis at a clinic local to you, and remotely via video link.



Mental Health Services

Sessions are accessed via our clinical triage service and highly qualified therapists, offering treatment options such as online programmes, secure video sessions and face to face therapy at a location local to you.



Surgical Assistance Program

Our surgical assistance program involves coordinating private specialist surgical procedures for some of the most common procedures with lengthy waiting lists, as well as providing advice relating to what to do after seeing a specialist. Wherever possible the surgical procedure will be delivered by the same consultant you have previously discussed your operation with, at a private hospital local to you.



Care Access

Our health care support services are accessed via the Education Mutual website. Please apply for treatment and we shall contact you to discuss further.

www.educationmutual.co.uk

Please do not book and/or receive treatment without approval from Education Mutual. We accept no responsibility for costs if you do not follow our guidance.