

# **A practical way to create a holistic wellbeing culture that helps people to be at their best**

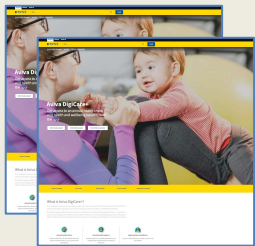
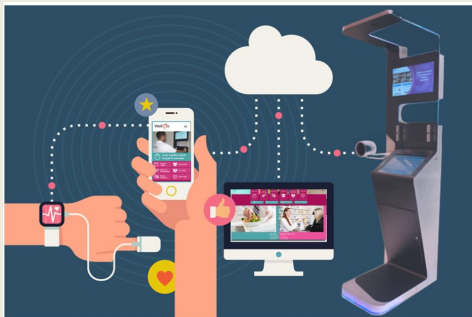
Dr Steve Iley  
Chief Medical Officer

## Digital Wellbeing

Kiosks

Well.Me site

Wellbeing Webinars



Signposting

## Centre for Wellbeing

Classes or Individual

Physical and Virtual

Struggling to Thriving

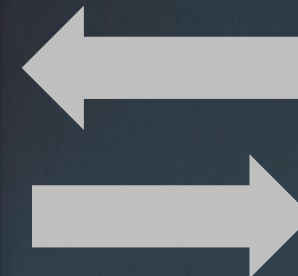
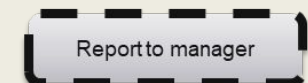
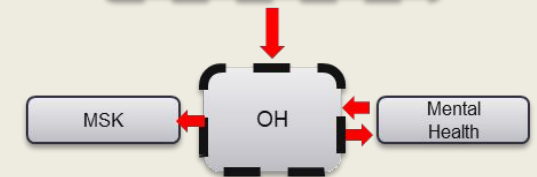
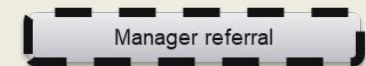
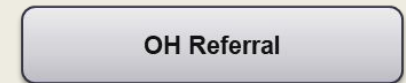
Mind	Body	Life
<ul style="list-style-type: none"> <li>•Mental resilience and everyday coping skills workshop</li> <li>•Computerised CBT</li> </ul>	<ul style="list-style-type: none"> <li>•Life Fit (General fitness)</li> <li>•Upper Limb</li> <li>•Lower Limb</li> <li>•Spinal (Pilates)</li> <li>•Body Ready &amp; Long Covid</li> </ul>	<ul style="list-style-type: none"> <li>•Nutrition</li> <li>•Effective communication</li> <li>•Substance misuse</li> <li>•Sleep and shift working</li> </ul>



LifeFit

## OH Referral

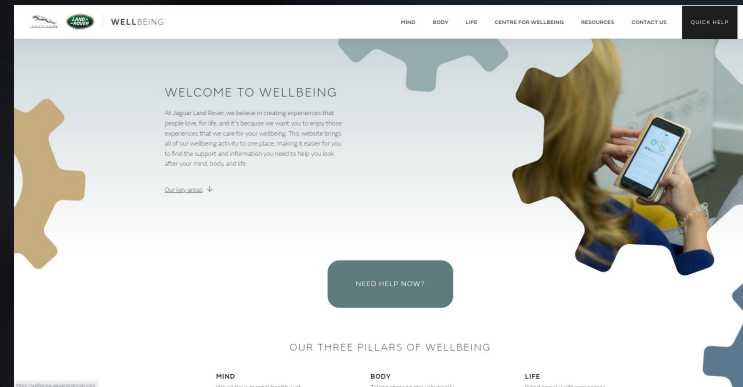
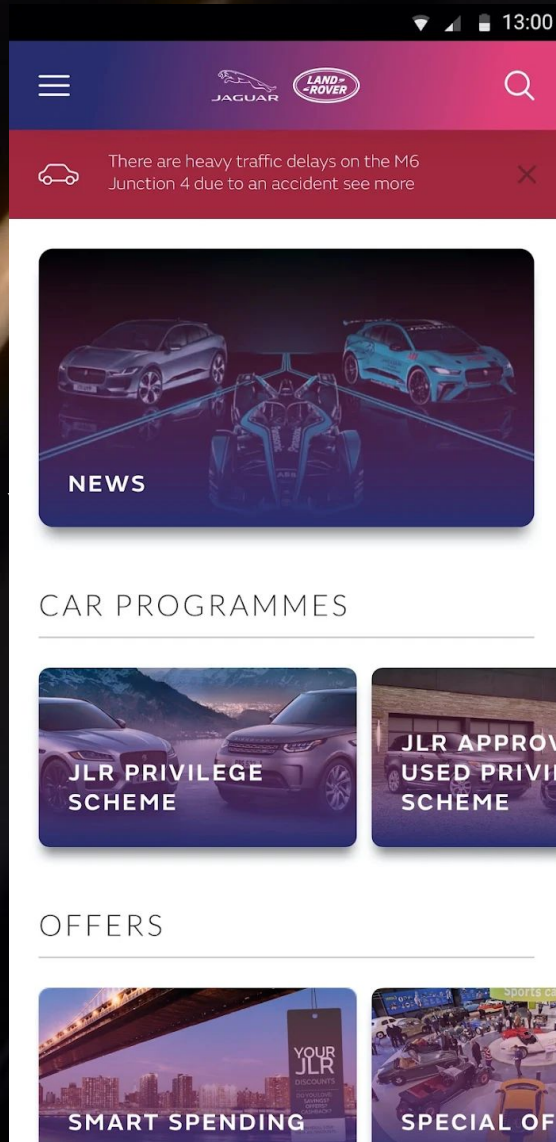
Further integration of Mental Health & Musculoskeletal services



## 2023 STEP DELIVERY

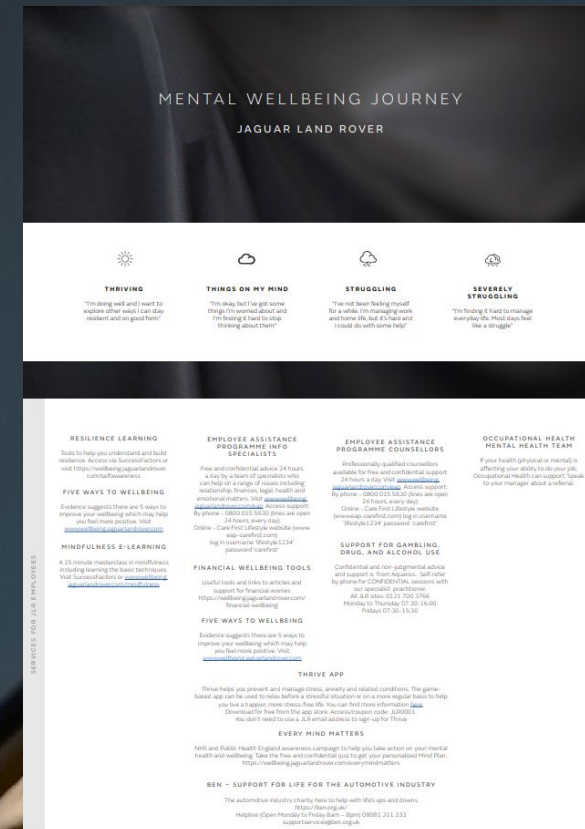
Centre for Wellbeing (CfW) BODY				Step
BODY/CfW Space	Clinical /OH Referral	Self-Referral	CfW in a Box	
	Nutrition	Pilates (MoveWell)	Satellite Site Workshop 1-2 events	Jan-Mar
	MIND Body Ready	Nutrition	Feb Heart Health	
	Cardiac Rehabilitation	Health Coaching	Satellite Site Workshop 1-2 events	Apr-Jun
		LeadWell V2		
Whitley CfW Space	FCE (Job Capability Analysis)	Annual Fitness Testing (BP)	May Measure Month	Jul-Sept
	Diabetes Management	CB/HWD Summer offering	Satellite Site Workshop 1-2 events	
	Progress Reviews	MoveWell Check ins	National Fitness Day	
		Wellpoint Challenges		
Gaydon CfW Space		Health Screening/Prevention Program	Satellite Site Workshop 1-2 events	Oct-Dec
			Social Awareness (Mind collab)	

# Your JLR app



wellbeing.jaguarlandrover.com

JAGUAR LAND ROVER

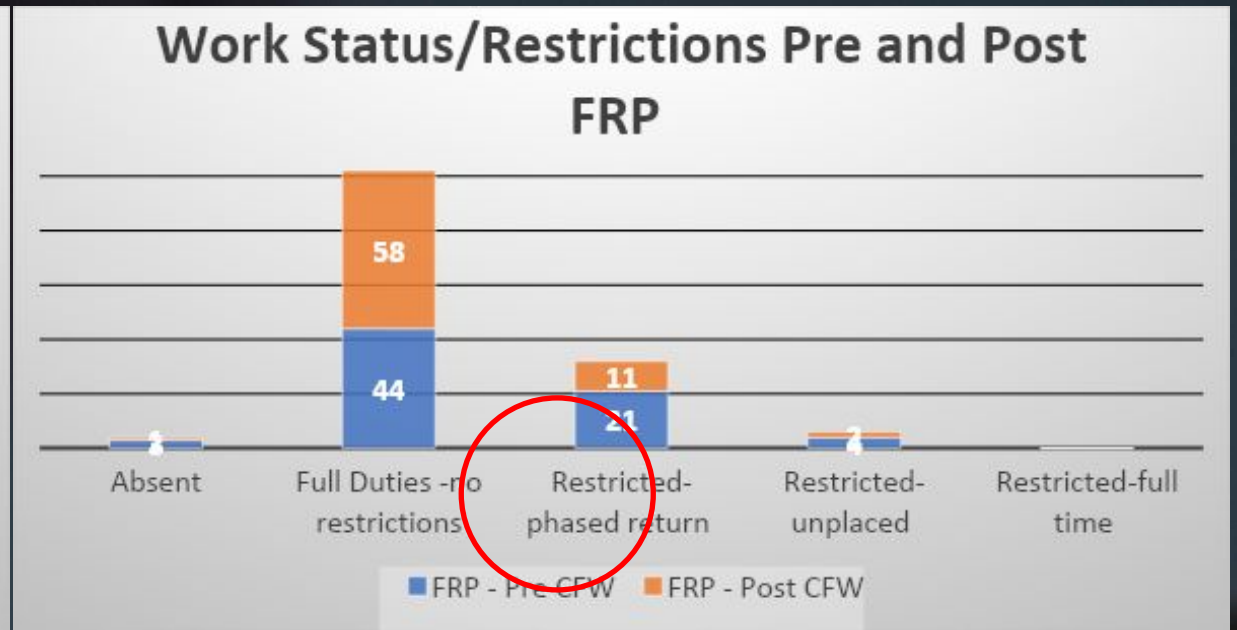
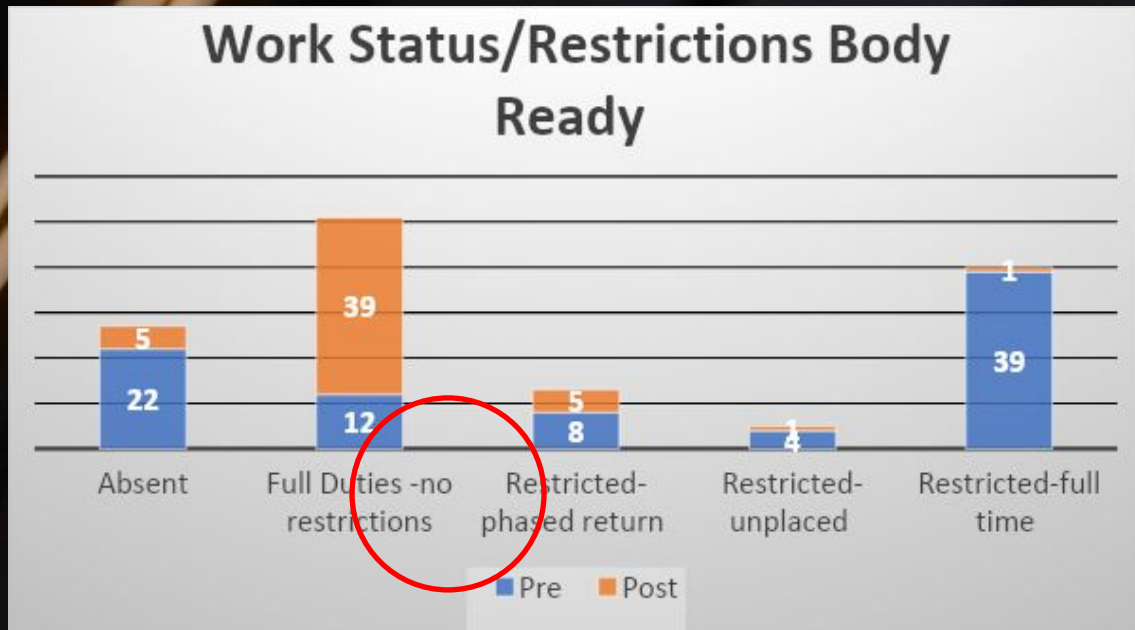


## Heart month

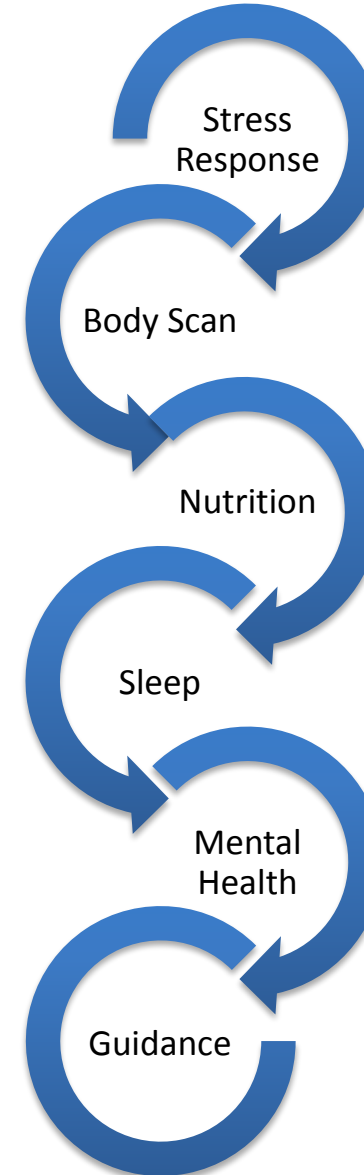


Number of people attended	279 ( Male (91%) / Female (9%) )
13 Locations	4 Manu / 2 Non-Manu / 7 Satellite Sites
Average BMI	28
Average Age	43
Average Blood Pressure (mmHg)	131 / 83
GP referrals > 140/90	57 (20%)
Average Pulse (Bpm)	69
Average Q-risk	4.4 %

RESTRICTIONS – PRE AND POST FRP AN BODY READY



- Top 300 Leaders inc Board and CEO
- **To become advocates**
- Collab with Design, Property, IT, Digital, Wellbeing Champions, Events
- Validated questionnaires – Sleep Hygiene Index and WHO5
- Best questionnaire – nutrition and MSK



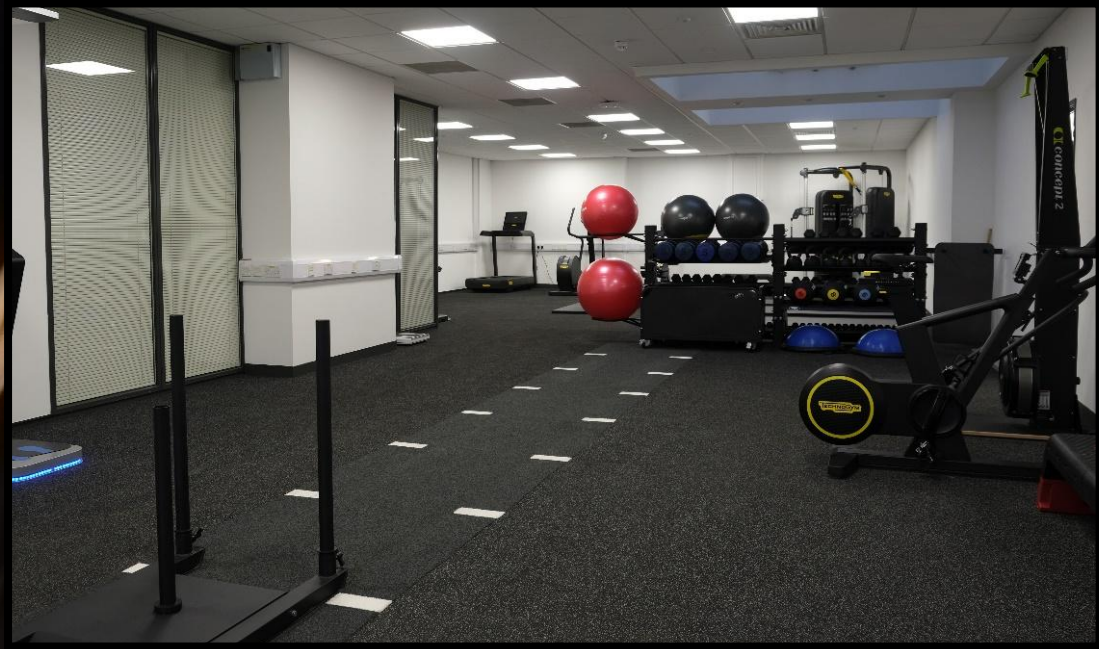


What did we find

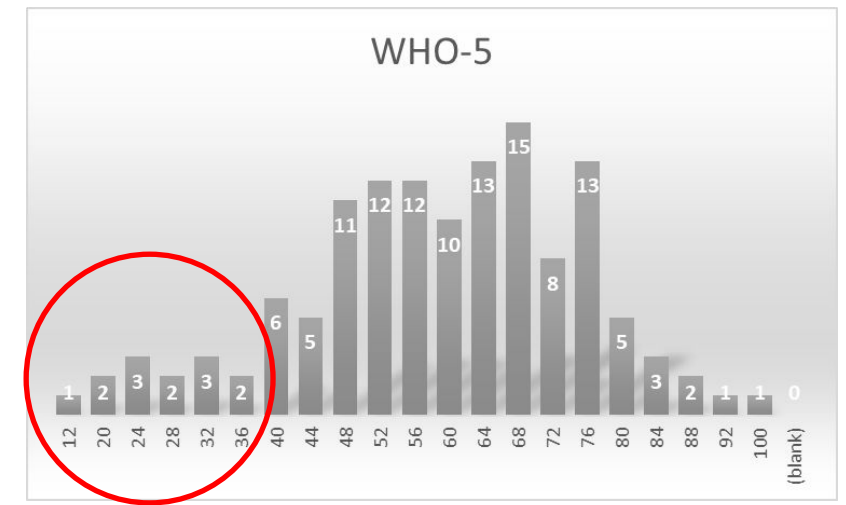
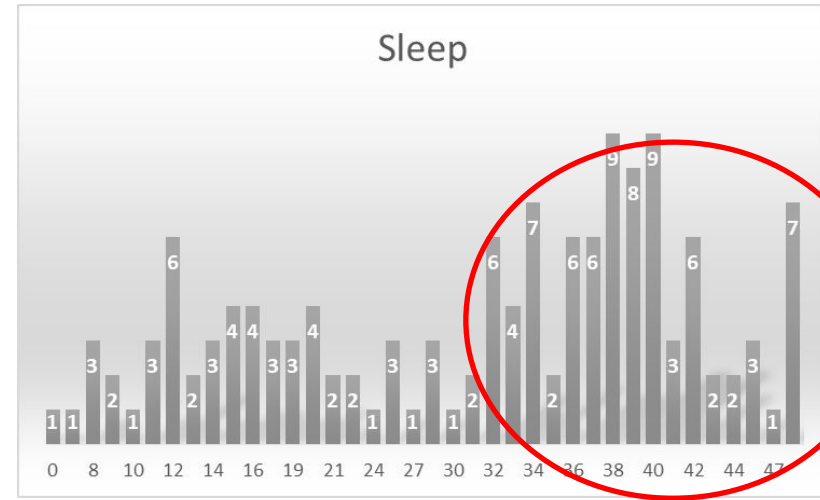
- Half booked on first email invite – “for you”
- Next Quarter booked on second email invite – “you’re missing out”
- Nearly a Quarter booked on third email invite – from CEO “why you”
- Remaining few ...
- Cancellation rate 1 in 10 on day
- Most people late – JLR meeting culture
- 1 in 10 could not do the racing Sim
- **Not one of us** could not complete a proper Formula E city track



# Clinical results



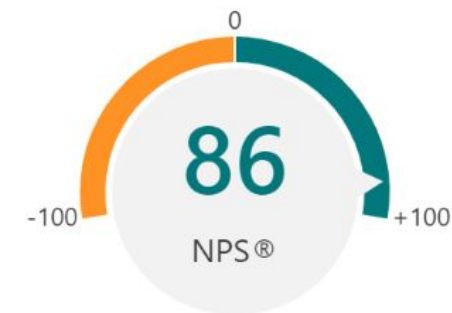
JAGUAR LAND ROVER





## Our outcomes so far

- NPS > +80
- Onward referral for MSK – very few
- Onward referral for MH therapy – 20%
- “Significant input to wellbeing” – 50%
- Questionnaires alone **do not** find the people who need help



## Lessons learnt

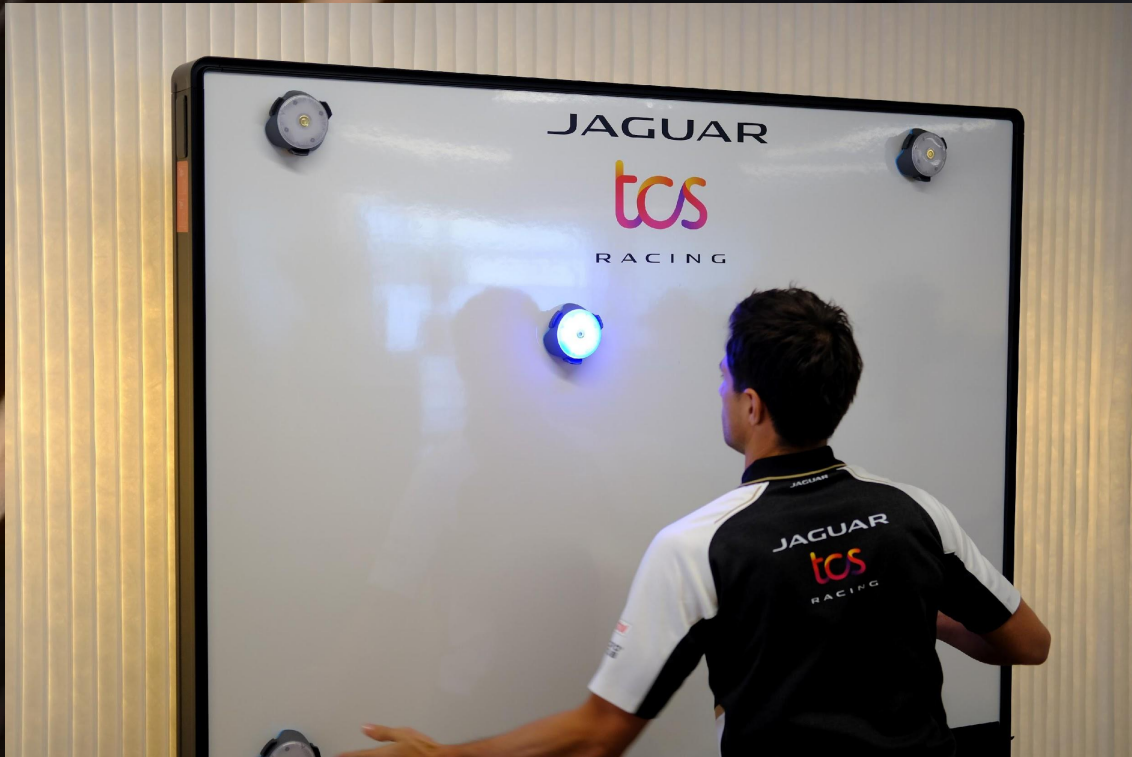
Do not have a poverty mindset

Get meaningful data

It has to be really really specific

Work with the right partner(s)

Pull in lots of favours



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“I had my assessment this week. It was thoughtful, educational, highly personalised experience from which I learnt and have already started to action some of the suggested changes. Thank you!!”  
JLR Director April 12th