

The wellbeing solution that people everywhere love to use

LifeWorks: the all-in-one solution that helps you effectively support your customers and their workforce. It helps to maintain their productivity levels and provide assistance when required. Powered by our global strength, clinical expertise and leading technology, we can help you and your customers achieve more than a traditional Employee Assistance Programme (EAP).

Together we can address people's total mental, physical, social and financial wellbeing at every stage of their journey. In essence, we are in pursuit of a joint mission: **to improve the health and productivity of people everywhere!**



Modern employee assistance (EAP)

24/7 best-in-class counselling

Give your employees immediate access to support from specialised professionals in counselling, social work, psychology or human services.

Multiple ways to access

You can immediately access an EAP counsellor through telephone and email for confidential and secure virtual counselling sessions - video, tele-counselling or an online support group.

Up to four face-to-face counselling sessions

Referrals to our network of 700 qualified counsellors, based at over 700 UK locations.

Employee support (emotional and practical)

Emotional support includes anxiety, depression, stress management, bereavement, personal relationship issues, addictive behaviours, anger management and sleep hygiene.

Practical everyday support includes elderly care, childcare matching, legal services, financial & debt support, nutritional & weight management, education, relocation, parenting, midlife & retirement, career and everyday issues.

Managerial support

Support for managing employees (suicide & depression, workplace aggression/bullying, sexual harassment), employee referrals, employee performance, manager personal growth (training, stress/absence management, appraisals) and workplace safety.

Digital content

1,800+ articles, podcasts, infographics and toolkits with recommendations based on health risks with search capabilities.

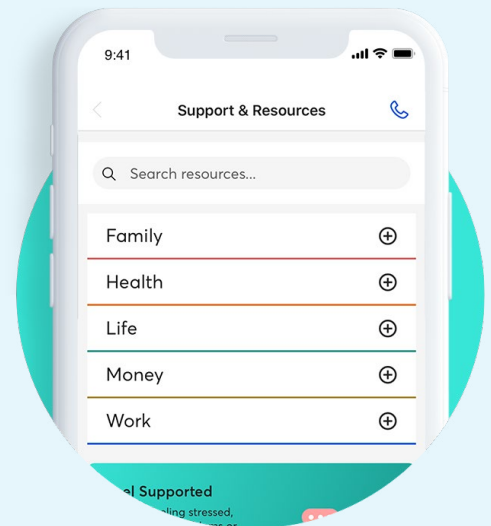
Critical incident support (additional fee)

Support for critical incidents both on-site and over the phone, including workplace violence, natural disasters, accidents, terrorist events and more.

Workplace learning and development (additional fee)

Workshops and seminars on respect & harassment, communication & conflict, addiction, physical health & wellness, organisational change, leadership & career, family, mental & emotional health, retirement and more.

Feel supported



94%

of employees reach their goals after completing counselling with LifeWorks. LifeWorks 2017

Personalised wellbeing news feed

Personalised 'snackable' wellbeing articles

An employee selects the areas of their life that they want to improve across body, mind, personal finances, relationships and work. Every day, they are delivered short, 'bite-sized' pieces of content from leading experts. How do they choose their 'snackable' wellbeing topics? They will be asked to customise their wellbeing content the first time they sign up.

Company posts

Congratulatory posts and company-wide announcements (i.e. benefits, press, training).

Featured perks

A company administrator can promote other employee benefits that employees may have access to.

Feel connected



63%

of new users through our 24/7 instant chat with a clinical counsellor would not have reached out through traditional methods.

LifeWorks 2017

Everyday perks & savings

Digital gift card discounts

Up to 6% off at 40+ brands inc. Tesco, John Lewis, Topshop, Debenhams, Pizza Express and many more.

Online cashback at over 1,200+ brands

Earn cashback on utilities, groceries, travel, insurance, fashion, electricals and much more - paid directly into your wallet.

Exclusive offers

A seamless, digital way to promote all your company's benefits in one place.

Cinema ticket discounts

Make visiting the cinema a regular occurrence, with up to 55% off at national and regional cinemas.

Feel rewarded



Savings up to £1,928 annually

3 simple steps to set up your AIG LifeWorks Employee Assistance Programme

1

Employer buys Group Income Protection from AIG Life and policy starts.

2

Employer should activate their programme at join.lifeworks.com/aiglif. Lifeworks will set up their programme and invite employer admin user to register.

3

Employer admin user uploads employee data to LifeWorks platform and the service launches, with email invites sent to all employees.

LifeWorks will be available for all employees to use immediately, but to access the full service, the employer must activate their programme. This will create their own company network and allow employees to register. To discover how LifeWorks can support employers, call the AIG Life team on 0330 303 9978.