



myhealthHQ

nib's online health and wellness portal

myhealthHQ is an innovative solution from nib that helps your business to plan, implement and measure successful employee wellness initiatives

myhealthHQ makes healthy living initiatives accessible to employees and measurable for employers

Gain insight into the health of your workforce with sophisticated analytics and reporting tools displaying real time, aggregated data in a visual format.

Implement targeted and effective wellness initiatives that are evidence based and aligned to business objectives, budget and employee profile.

Build a wellness brand via the customisable portal featuring a wealth of user friendly tools and healthy content.

Capture workplace health

myhealthHQ's Wellness Assessment is a powerful awareness-raising tool for both employees and employers.

- 1** Employees complete a secure and confidential wellness assessment and receive immediate health feedback.
- 2** Data is aggregated to protect employee privacy and collated to give you an evidence based health snapshot of your workforce.
- 3** Targeted and effective wellness initiatives can then be planned and implemented.



To find out more about **myhealthHQ** call **0800 123 nib**

This information is correct as of 1 September 2015 and is intended as a summary only.

nib
it's worth it

myhealthHQ's online solution is the centre of your company's health and wellness strategy

Build a company wellness brand with myhealthHQ by customising the portal with your company brand, developing targeted content and integrating all your initiatives and programs in one place.

The portal toolkit features:

- ✓ wellness assessments and quizzes
- ✓ healthy living programs
- ✓ hot topics
- ✓ regular e-newsletters



Having healthier employees can:

- Improve productivity
- Reduce absenteeism
- Build staff engagement



Full customisation and branding with your company logo, colours and style

Dedicated banners for company communications

Targeted and engaging content for your audience

Showcase company initiatives via customised toolbox links

Online booking system for site services

Integrate company and third party programs and initiatives

Create and target specific user groups and locations

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LAUNCHING
SOON FROM nib

healthHQ

nib's total workplace health and wellness solution

healthHQ is a range of great value health solutions from nib for businesses, employees and their families

healthHQ covers all aspects of employee healthy living and will support your business to attract, retain and engage employees.

Building your health solution with healthHQ is easy, start with our great value health cover and add the options that best suit your needs.

nib's healthHQ range

- ✓ Flexible health cover
- ✓ myhealthHQ, nib's online health and wellness portal
- ✓ nib global health

Partner with nib to create a health and wellness package to suit your business

Choose from any combination of our three healthHQ options to build your unique health solution.

Flexible Health Cover

Choose from our **flexible health covers** and build a package to suit your needs

myhealthHQ

Our online health and wellness portal – plan, implement and measure successful employee wellness initiatives

nib global health

Cover employees while living and working overseas

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Our health cover

Choose from our **flexible health covers** and build a package to suit your needs.

Premier Health Business

Our most comprehensive employee cover, providing peace of mind for the big expenses. Add options like GP and Dental.

For more information on Premier Health Business, refer to the Policy document.



nib Private Hospital cover

Cover part or all of your hospital costs every time, up to the annual limit.

GOLD 100% cover

SILVER 80% cover

BRONZE 70% cover

OR

COMING SOON!

Then tailor your cover with a range of additional options, including GP and Dental.

myhealthHQ

nib's online health and wellness portal




myhealthHQ makes healthy living initiatives accessible to your employees and measurable for you.

With myhealthHQ you can:

- ✓ Gain insight into the health of your workforce
- ✓ Implement targeted effective wellness initiatives
- ✓ Build a unique wellness brand

nib global health

nib global health provides your employees with peace of mind when living abroad. It's designed for individuals living and working overseas and wanting comprehensive private medical treatment.

-  Manage the financial risk from unexpected medical expenses, while living abroad
-  24-hour customer service assistance and easy claim process
-  Assistance to find medical providers, where you require treatment

There are some countries where we do not provide cover. For more information please refer to the Country Guide on nibglobalhealth.com



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