

Empower Your Wellbeing with Your **NEW** Employee Benefits

Your journey starts here



HEALTH
WELLBEING
HAPPINESS

Visit vivup.co.uk

Introducing Vivup

Welcome. Allow us to introduce ourselves. We are Vivup, a fresh-thinking, award-winning employee benefits provider

Founded in 2005, we have supported over **2,500,000** employees in boosting their mental, physical, and financial wellbeing, not to mention helping over **2,000** organisations create a harmonious workplace culture

Our vision is simple, to improve the lives of workers across the UK



We don't want to boast, but...

UK Employer of the Year 2022



Best Supplier to Work For



Best Public Sector Benefits



PROVIDER TO THE WINNER

Employees like yourself

We offer an incredible range of employee benefits to meet the needs of the modern workforce, all accessible on one easy-to-use online platform

Are you eager to know more?
Then read on...



First and only EAPA Accredited EAP

APPTS

Secondary Mental Health Support

feefo^{ee}

Feefo Score 5.0

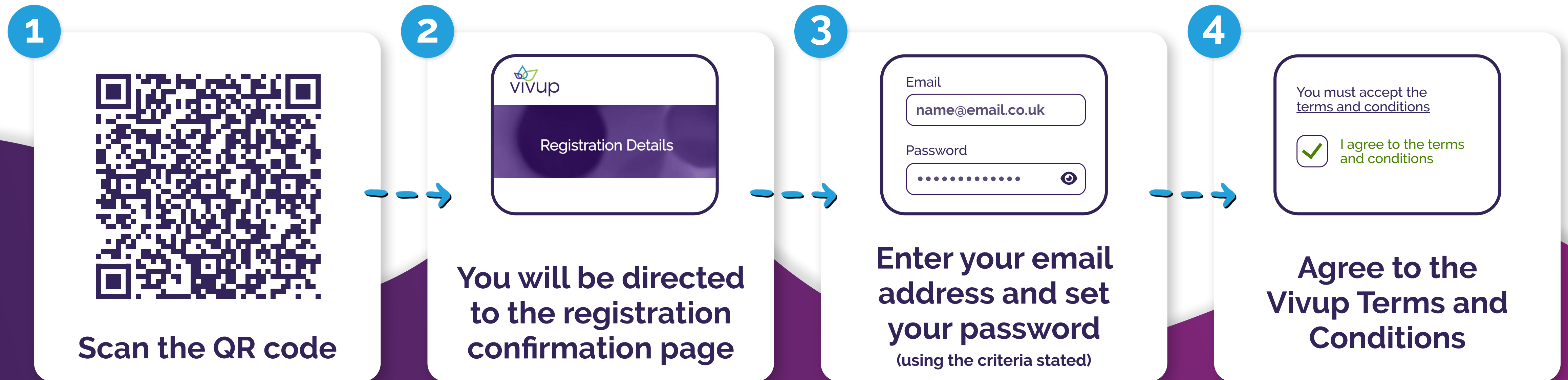
★ **Trustpilot**

TrustScore 4.7

 [Visit vivup.co.uk](https://www.vivup.co.uk)

Ready? Let's Get You Registered...

You'll be glad to hear we've made your registration as straightforward as possible. After all, the sooner you register, the quicker you can use your employee benefits – and we are excited for you to see what's available



That's it!

Congratulations! You are now all set to browse your brand-new benefits



 Visit vivup.co.uk

Contents

Lifestyle Savings

Do you need to cut the cost of your everyday essentials? Revel in an epic range of discounts on supermarkets, food delivery services, utility bills, fashion favourites and more with Lifestyle Savings

- Why make Lifestyle Savings your constant companion?
- Lifestyle Savings in a nutshell
- Check out the choices
- How to navigate your Lifestyle Savings

Mental Wellbeing

Make your mental health a priority. Discover a range of support, tools, and guidance for when you need it most

- Face to Face Counselling
- Self-Help Workbooks
- 24/7, 365 Helpline
- Your Care
- Online GP



Why Make *Lifestyle Savings* Your Constant Companion?

750+
Lifestyle Savings
discounts

Let's face it: our lives are full of everyday expenses that can all add up. Whether it's making sure the fridge is stocked for mealtimes, keeping the utility bills ticking over, or topping up the car with petrol, it can feel like an endless stream of payouts – and that is before you even get to the fun stuff!

Many of us would like to spend more time on the things we enjoy, such as cinema or theatre trips, family days out or travel, but it can prove an expensive endeavour, especially with the cost of living price rises

Fortunately, *Lifestyle Savings* is here to help - not just with the cost of essentials - but also the things that bring you joy

So, are you ready to discover a world of savings and discounts with you in mind?



 Visit vivup.co.uk



Physical Gift Cards

A traditional gift card, explore the wide range of stores, order at a discounted price and receive the card to your door in days!



Local Discounts

Help support your local community with discounts specific to the independent businesses in your region



Discount Codes

No purchase necessary, simply use the discount codes available to save more when you shop with your chosen retailer



Reloadable Cards

Add extra value to your physical gift cards by selecting a reloadable card from a wide range of leading UK retailers. This enables you to add to your gift card balance while making continuous savings



eGift Cards

Our eGift cards are a great way to save on your everyday spend and many can be used both in store and online. Simply choose your retailer and amount, pay a discounted price and the eGift card will be emailed straight to your inbox

Lifestyle Savings in a Nutshell



 Visit vivup.co.uk

Check Out the Choices

Lifestyle Savings offers over 1000 discounts including the biggest brands, retailers, and leading supermarkets, all one convenient platform. Here are just some of the savings available:

High Street & Online



Gifting



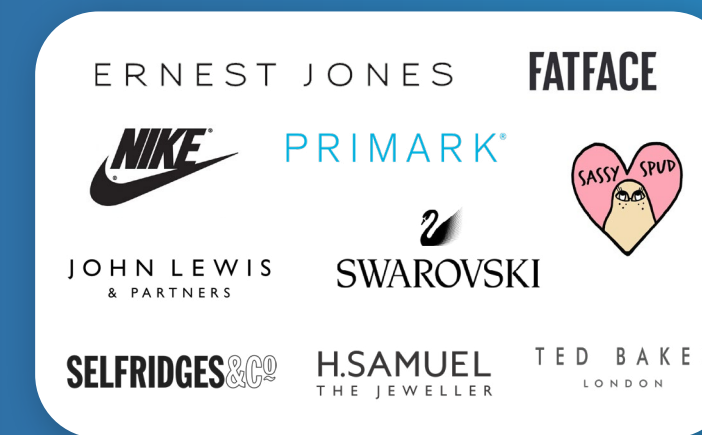
Mobile, Broadband & Utilities



Supermarkets



Fashion & Jewellery



Days Out & Experiences



Food & Drink



Home & Garden



Health & Beauty



Cinema, Theatre & TV



Pets



Travel

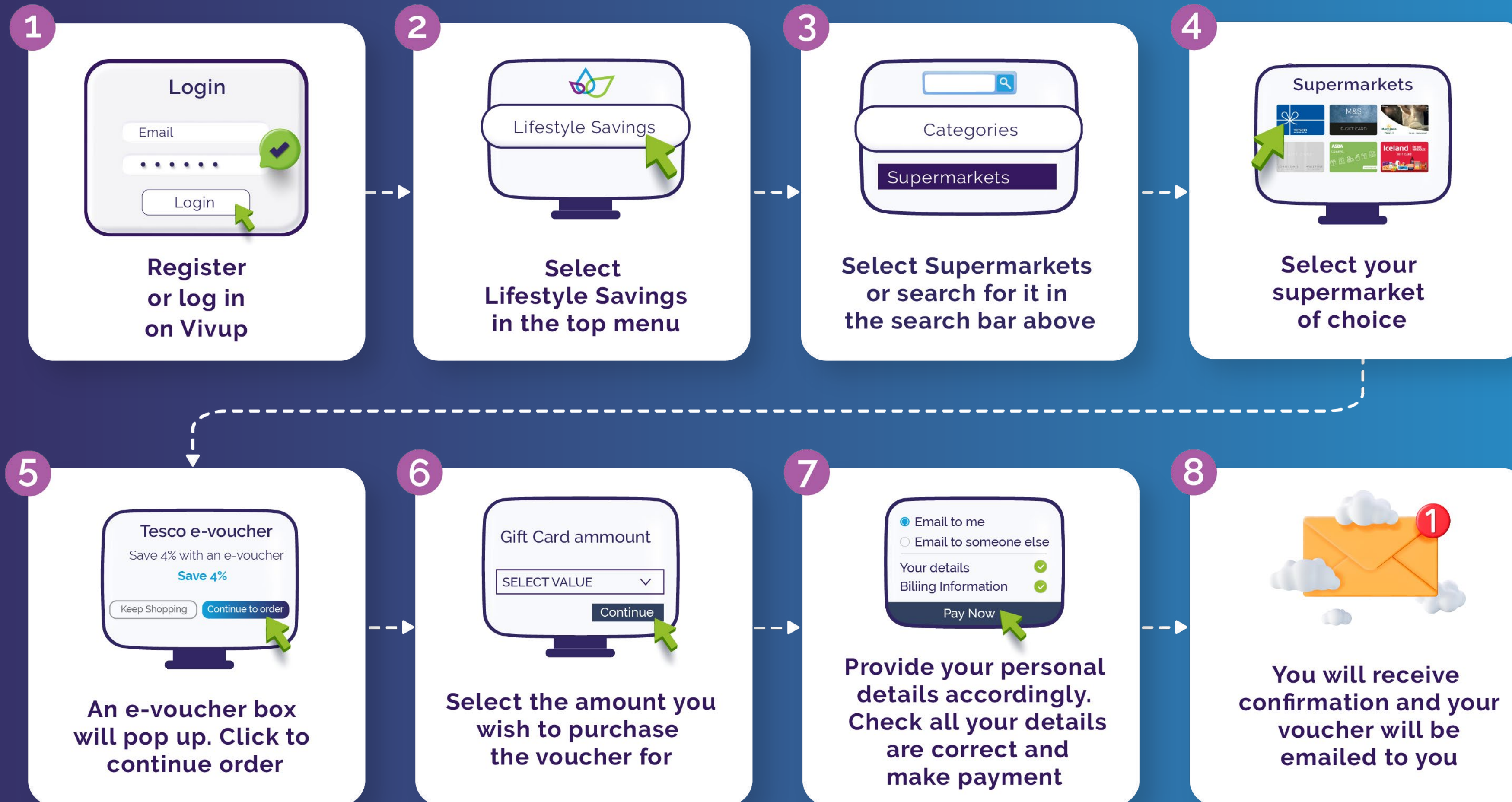


and so much more...



Visit vivup.co.uk

How to Navigate Your *Lifestyle Savings*



Employee Assistance Programme (EAP)

Access confidential support when you need it most

Our **Employee Assistance Programme** (EAP) provides expert support for life's ups and downs - 24/7, 365 days a year. Whatever mental, physical, financial or personal issue you're facing, you can find a wide range of resources waiting to help



Face to Face
Counselling



Self-Help
Workbooks



24/7 365
Helpline



Visit [vivup.co.uk](https://www.vivup.co.uk)

Face to Face Counselling

After calling our helpline, our specialist counsellors may offer you a series of face to face counselling sessions to help support you further



Self-Help Workbooks

Our self-help workbooks are topic focused and filled with practical information to help you support your mental wellbeing across a range of concerns. All workbooks are available as audio books and also in easy-read format



eBooks

Downloadable self-help workbooks providing insight, advice and support



Leaflets

Quick-reference guides offering advice and support in an easily digestible way



Audio Books

A hands-free format ideal for accessing support on-the-go



 Visit [vivup.co.uk](https://www.vivup.co.uk)

24/7 365 Telephone Helpline

Open 24/7, 365 days a year, our telephone helpline offers responsive, confidential and totally independent advice for any employee in need of mental health support

Help at any
time, available
24/7
365 days
a year

To access
the service,
simply call
03303 800658*

(or 0800 023 9324 free from any standard
UK landline or mobile phone)



Terms and Conditions apply. *Calls charged at local rates

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Your Care



Your Care is a dynamic wellbeing platform offering a range of personal, emotional and financial wellbeing tools to help create a happier, healthier you!



Resources

Numerous blogs, videos, recipes and more to provide inspiration and motivation



Recommendations

Small sustainable lifestyle changes to support you in achieving your health goals



Assessments & Goals

A hands-free format ideal for accessing support on-the-go



 Visit [vivup.co.uk](https://www.vivup.co.uk)

Online GP

Book a consultation with an experienced GP at a time that suits you through the Health Hero GP service – available via the **Your Care** Wellbeing Platform



Open Referrals

The doctor can issue an open referral if they feel your condition requires further investigation



Private Prescriptions

Where appropriate, the doctor may issue a private prescription. You'll be contacted by the pharmacy to arrange delivery



Phone Consultations

Access GPs 24/7, 365 days a year for advice, reassurance, and diagnosis



Video Consultations

Consult with a GP face to face by video call*



In partnership with
**HEALTH
HERO**[®]

 Visit vivup.co.uk

*Prescription costs apply *24/7 access to the Online GP app but telephone/ video consultations are 8am to 10pm, 7 days a week, UK time, excluding Christmas Day

TIME TO TRY YOUR LUCK...

Want the chance to **WIN 1 of 6** sensational prizes?*



Simply register between 00:00 midnight on 1st July 2024 and 23:59pm on 30th September 2024, and you'll be automatically entered into a prize draw for a chance to win 1 of 6 exciting big-brand items*

Register at vivup.co.uk for your chance to win

*Terms & Conditions apply, visit vivupbenefits.co.uk/promotional-terms-conditions under "Chance to win one of six prizes"