



Wellbeing Only

sales@uk-sas.co.uk

01773 814 400

SAS offer schools and academies the most comprehensive wellbeing cover for staff and pupils on the market. All support services detailed in this document are included, as standard, within all SAS Staff Absence Insurance policies.

However, SAS have now made their market-leading Wellbeing Support available to schools and academies without absence insurance cover.

Our Wellbeing support has been broken down into 3 tiers to give your school the opportunity to access the right level of support for your staff, pupils and budget.

Why Choose SAS?

Wellbeing is at the heart of everything we do here at SAS. The impact of SAS Wellbeing is shown in our statistics below.

- “60% of staff actively remained in work while accessing our comprehensive health and wellbeing services.”
- “In 2018/19 SAS spent over £4million on wellbeing services. No other staff absence insurance provider invests as much in wellbeing as SAS.”
- “In 2019, our nursing staff supported over 16,300 people via the SAS nurse support line.”
- “74.5% of all people accessing physio with SAS would have been likely to experience absence without intervention”
- “61% of people who complete our 12 week Slimming World referral achieve a 5% weight loss”
- “SAS Mindfulness helped over 1,000 staff in its first month active.”

Staff do not need to be absent from work to access the services. At SAS we believe prevention is better than cure.

All services are completely confidential, clinician-led and managed by our experienced in house NMC registered Nurse Team.

Did You Know?

One of the easy ways staff can access SAS Wellbeing is via our free mobile app.



Level 1 - £10.00 per insured staff member

(minimum 20 staff)

Our Level 1 Nurse Support Service provides a cost-effective way of providing wellbeing support to your staff from an experienced provider.

What's included:

- **Unlimited, Confidential Physical and Mental Health Telephone Support**
Administered by our in-house NMC registered nursing team available Mon- Fri 8:30 - 4:30
- **Unlimited Bereavement Support**
Emotional support and guidance for navigating bereavement of a loved one
- **Unlimited Menopause Support**
Support from nurses who have attended recognised menopause course
- **Unlimited Cancer & Chronic Illness Support**
Support for staff if they or their family are affected by a diagnosis of a chronic, long term condition
- **Free access to Thrive**
NHS approved guided CBT, mindfulness, meditation and relaxation app
- **Free access to The Relaxation Room**
SAS guided mindfulness & meditation evening webinar sessions
- **Free access to E-gym**
App based exercise programme for range of abilities and experience
- **A Range of Work Related Stress Support**
Access to online medical information and advice surrounding work-related stress
- **Unlimited Be A Champion Pupil Wellbeing**
Pupil mentoring programme to encourage improved mindset, sleep, healthy eating and physical activity
- **Unlimited SEND Pupil Wellbeing**
Build a bespoke app to help SEND pupils with routine, transition and step by step instruction
- **Ask Andy Whole School Wellbeing Call**
One Hour hour video call with SAS Director of Wellbeing: former NAHT President Andy Mellor to discuss how to create a wellbeing culture within the school

Supplemental Support

Level 2 – from as little as £24.00 per insured staff member
(minimum 20 staff for schools not insured with SAS)

Our Level 2 Wellbeing Service provides a more comprehensive level of wellbeing cover for your staff. The physical and mental health support provided in our Level 2 package, gives your staff all the tools they need to manage their own wellbeing on a daily basis.

| No. of Staff Covered | SAS | Non-SAS |
|----------------------|-----|---------|
| < 50 staff | £44 | £49 |
| 51 – 100 staff | £34 | £39 |
| 101+ staff | £24 | £29 |

What's Included:

All Services in **Level 1**

Full Mental Health Support:

- **Free access to Be Mindful**
The only mindfulness toolkit recommended by the NHS. [Click here to learn more](#)
- **Counselling**
*The Number of counselling sessions available is equal to the number of staff included i.e. 50 staff = 50 counselling sessions Additional sessions can be purchased at £75.00 per session.

Full Physical Health Support:

- **Physiotherapy**
Staff requesting physiotherapy will receive an initial telephone triage service from a qualified physiotherapist. The physio will provide online exercises to improve range of movement with a follow up call to see how treatment has worked. A referral for physio sessions will be provided following this if they are required.

Wellbeing Support Resources:

- **24/7 GP Helpline** – speak to a qualified GP at any time, from anywhere in the world, 365 days a year
- **Complementary Services for Cancer & Chronic Illness Support**
- **Weight Management Programme** working in partnership with Slimming World, staff with a BMI of 30 or above can choose to access a 12-week weight management programme.

Tailor Your Wellbeing Support

This service enables Schools to tailor our suite of Wellbeing services to meet their individual needs. Schools may purchase a credit bundle from which to draw down any of our wellbeing services as and when the need arises. Each wellbeing service has a credit cost attached.

| Whole School Wellbeing Services | Credit Cost |
|--|-------------|
| Individual Services for Staff | |
| Counselling Therapy* | 10 |
| Physiotherapy Programme* | 5 |
| Weight Management 12-week programme | 2 |
| Complementary Sessions for Cancer & Chronic Illness | 5 |
| GP Consultation (Staff & immediate family) | 1 |
| On-Site Services for Staff | |
| Lifestyle Health Screening (Limited to 20 participants per session) | 10 |
| Stress Awareness Workshop (Limited to 30 participants per session) | 10 |
| Making Sense of Menopause: Live Webinar (Limited to 10 participants per session) | 10 |
| Making Sense of Menopause: Live Workshop (Limited to 15-20 participants per session) | 10 |
| Individual Services for Pupils | |
| Speech, Language and Communication Therapy* | 10 |
| Counselling Therapy* | 10 |
| Be a Champion 8-week Programme (Minimum 30 pupils) | 30 |
| Onsite Pupil Yoga | 15 |

*A minimum of 5 sessions is advised by our clinical team for these services to be effective.

Cost of Level 3 Credit Bundles

Cost for SAS Staff Absence Insurance Clients

| | |
|--------------|---------|
| 20 credits | £1,000 |
| 100 credits | £4,800 |
| 200 credits | £8,600 |
| 500 credits | £17,500 |
| 1000 credits | £35,000 |

Cost for Non-SAS Staff Absence Insurance Clients

| | |
|--------------|---------|
| 20 credits | £1,200 |
| 100 credits | £5,000 |
| 200 credits | £9,000 |
| 500 credits | £18,000 |
| 1000 credits | POA |