



CORPORATE WELLBEING OPPORTUNITIES

HELPING YOUR STAFF FIND
THEIR BEST SELF



XENOVIDA: REDUCING ABSENTEEISM INCREASING MORALE

Our Vision

To use education, profiling and coaching methods to improve the health of people in their personal and professional lives.

Our aim is to reduce absenteeism, presenteeism and increase morale, attendance, performance and retention of staff in your workplace.

Health is more than the absence of disease, it is “a state of complete physical, mental and social wellbeing” (*World Health Organization, 2014*). We want to help your staff find their best health



What We Provide

- **Health profiling** using scientifically validated methods to deliver individual assessments of wellbeing.
- **Education and personal development** through workshops and seminars either in person or via the web.
- **Qualified professionals** to offer wide ranging support for individuals to develop their own personal strategies around nutrition, fitness and psychological health.



WHY INVEST IN WELLBEING?

140M

Days lost each year due to sickness absence in the UK

£250K

Annual losses to average London firm (250 FTEs) due to ill health

£8B

Cost to UK in productivity per annum as a result of cardiovascular disease

2.5X

Hidden costs of presenteeism to a business compared to absenteeism in the UK

54%

Adults who fear stress is impacting their work

37%

Managers reporting an increase in stress-related absence

Health at Work: Economic Evidence Report 2016
A survey of Employees re: Stress levels in the UK
Health and Wellbeing at Work Survey 2019

82% Employer wellness programmes resulting in reduced sickness absence

WHY XENOVIDA?

- Our approach is to look for markers of health and wellness - often poor health will remain undetected until it's too late, we try to change this.
- Our qualified specialists have the experience and expertise to assess, offer advice, direction and support when needed on a personal or group basis, which can help people in their personal and professional lives.



WORKING WITH XENOVIDA



ROADMAP TO EMPLOYEE HEALTH AND PRODUCTIVITY

XenoVida will work flexibly with you, typically the steps are:

- 1) **Understanding your business and employee wellness needs.**
- 2) **Performing assessments** using body analysers, biochemical markers and questionnaires.
- 3) **Providing the information in understandable reports.**
- 4) **Providing personal action plans and recommendations** for how individuals can optimise their health.
- 5) **Supporting**, where necessary, individuals and groups with tailored sessions.
- 6) **Educating** through workshops and seminars which provide opportunities to interact with our nutritional therapists, trainers and behavioural experts.
- 7) **Analysing progress** through timely update sessions.
- 8) **Being receptive to feedback** at any stage. We want individuals to understand and take control of their health, to **age healthily, reduce health risks and to feel more energised, confident and alert.**

HEALTH PROFILING & EDUCATION

Health Assessments

Our health profiling is differentiated from others, providing a truly holistic indication of your individual employees health (including cardiovascular health, diabetes risk) with personalised recommendations. Complete Assessments have further features that include assays for inflammation, stress, hormones and heart rate variability and a futher consultation.

ASSESSMENTS		XENOVIDA ESSENTIAL+	XENOVIDA COMPLETE
Measures and Information	Measures session:		
	Anthropometrics, blood pressure and body composition	✓	✓
	Finger-prick blood test for cardiovascular disease (CVD) risk marker	✓	
	Finger-prick blood test for diabetes risk	✓	
	Blood test for inflammation markers		✓
	Blood test for liver enzymes		✓
	Blood test for hormones		✓
	Blood test for stress marker		✓
	Blood test for CVD risk markers		✓
	Blood test for diabetes risk markers		✓
	Heart rate variability test		✓
	Questionnaires	✓	✓
	Medical history & lifestyle		✓
	Diet & Activity	✓	✓
	Behaviours	✓	✓
	Report with personalised information	✓	✓
	Personalised recommendations	✓	✓
	Next steps discussion	✓	✓
	Further support consultation		✓
Support	Option for health & wellbeing support		
Progress Measures	Option for update of measures and information		

Packages

Packages can be tailor-made for your business. Indicative prices are £1500 (ex. VAT) for 10 individual Essential Plus assessments and £990 (ex. VAT) for each Complete assessment excluding optional Support and Progress.

Health & Nutrition Talks

- Food For Thought - Nutritional Psychiatry
- Brain Changer: Ways To Feed Your Mind
- The Role of Nutrition in Combatting Stress
- The Role of Sleep in Health
- The Principles of Good Nutrition
- Nutritional Strategies for Good Mental Health
- Health Focused Weight Management
- Top Tips for Healthy Ageing
- Healthy Workplace Eating/Eating Out (Workshop)
- Eating for Better Energy/Sugar Balance Throughout The Day (Workshop)



Positive Behaviour Talks

- Sleep Workshop
- Moving From Stress & Strain to Resilience and Performance (Workshop)
- Effective Listening & Communication
- Developing Mindfulness and Presence
- Positive Health - Mentoring For Leaders
- Shifting from Limiting to Positive Beliefs
- Building Courage, Confidence & Gravitas
- Coping With Fears, Change & Uncertainty
- Reflective Practice in a Global Virtual & Diverse World
- Finding Your Authentic Voice



Fitness Talks & Workshops

- How to Sneak Exercise Into Your Everyday Routine
- Why Being Active Will Help You Live Longer & Stronger
- How Exercise Can Help Your Hormones
- Looking After Your Back (Workshop)
- Core Strength & Posture (Workshop)

Seminars and workshops can be booked for a 2 hour, half day or a whole day session.



EXPERT SUPPORT

SUPPORT PROGRAMMES

Our experts will help your employees become healthy, stay healthy and enjoy being healthy. Where necessary and appropriate, our therapists can work with groups or individuals to support and guide them with nutritional plans or coaching in positive mental health, cognitive flexibility and stress management. In nutrition, we have a broad scope of experience that includes sustainable weight loss, diabetes prevention, hormonal imbalance, immune function, inflammation and menopause to mention a few. We also have experts in fitness and pilates that can provide musculoskeletal health plans. Our behavioural coaches can offer frameworks and models to develop thinking and actions, providing individuals the tools to be based in the moment with their plans, vision and expectations.

This process involves a 1-2-1 consultation, following a health assessment to discuss an action plan. The advice and support will be provided by regular sessions via the web, our app or SMS, for example.

MEET THE TEAM



Victoria Jain Hamilton BSc, DipION, mBANT.
Nutritional therapist, specialising in autoimmune conditions and gut health. DNALife Practitioner, health writer and a 'Thrive Expert' for Thrive Magazine.



Mike Murphy DipION, mBANT, CNHC.
Nutritional therapist and lecturer, trained in functional medicine, specialising in cardiovascular health, weight loss, hormone balance and optimal ageing.



Natalie Greenslade DipION, mBANT, CNHC.
Experienced professional working with the NHS diabetes prevention program. Particular specialities include digestive health, menopause and female health.



Hannah Leadbetter, Clinical operations manager and trainer. Qualified NHS phlebotomist at the Cambridge University Hospital Trust

Andrew A Parsons MSc (Psychology), PhD, MBPS, PPABP. Professional Executive and Medical Coach. Qualified to use TeiQue assessment to manage anxiety and stress. Co-creator of accredited coach training and author.



Louise Digby DipION, mBANT, CNHC.
Nutritional therapist specialising in weight loss, digestive health and conditions such as IBS. Qualified phlebotomist.



Marie Hick DipION, mBANT, CNHC.
Nutritional therapist, personal trainer and pilates teacher, specialising in healthy ageing, improving health-span, energy and vitality and reducing risk of chronic illness.



Tim Digan BSc, MSc, Certified Personal Trainer, PN1 in Nutrition Coaching. Specialist in food chemistry, sports nutrition and an experienced personal trainer working with individuals and groups.



REAL-LIFE OUTCOMES

CASE STUDIES AND RESULTS

XenoVida health profiling followed by expert support has shown sustainable **improvements in health status such as weight, diabetes risk and inflammatory markers in a 12-week period.** Other reported benefits include **improved quality of sleep, improved clarity of thought, reduced cravings, reduced pain and allergies and improved skin condition.**

Client feedback has been extremely positive, supporting our belief that we provide the best experience for our corporate partners.

FEEDBACK

"Thank you XenoVida....Your **interesting and very honest** service tied in perfectly with our health and wellbeing event."

"This was **amazing**, I didnt know this even existed."

"I have never had anything like this before, the information that XenoVida provides is **superb and a real eye-opener.**"

"I now feel like I understand my issues and can focus on making the **right changes** with the support of the XenoVida team."

"This entire process was **excellent**....I really like the recommendations; it has given me some really good ideas of how I can improve my health and lifestyle and I'm looking forward to seeing how my results have changed at my progress session."

"Having had health checks in through work before, it was really refreshing to read a report that understood me and was **truly personal** rather than just pigeonholing me to a standard."

CONTACT



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XenoVida Health



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