

Private Medical Options

from



SQUAREHEALTH
ALWAYS THERE HEALTHCARE



The HR Dilemma

We need a clear way forward to manage workplace health



71% of employers want health solutions for **all employees to improve productivity, employer brand and health claims⁽¹⁾.**



UK workers lose 6.7 days through taking sick leave, compared with 3.7 days in 2018. In addition, employees lose the equivalent of 43.6 days of productivity through presenteeism – up from 35 days in 2018⁽²⁾.

Employers tackling this issue struggle with **disjointed** (65%)⁽³⁾ and **unregulated** services (76%)⁽⁴⁾. This creates problems:

1. Delays when employees would benefit from faster action.
2. A mismatch between available services and the needs of people.
3. Value erosion for the employer through inefficiency, demotivation and lost time.

1. REBA Insight. Health and Wellbeing Research 2025

2. Institute for Public Policy Research. Healthy Industry, Prosperous Economy 2024.

3. REBA. Wellbeing trends at the heart of business transformation.

4. SOM, CIPD. The value of Occupational Health and Human Resources in supporting mental health and wellbeing in the workplace.

The Need for Action

Many employers struggle with the correct service composition and architecture to help their people stay at work or return in good time.

Early Action is Essential

- The leading causes of short and long term absence are musculoskeletal and mental ill health.
- BOTH conditions get worse if not addressed promptly by an effective healthcare solution.

Mind the Gap

- EAPs are not designed to meet this challenge and the NHS is struggling.
- This creates a gap between what employees have today and PMI, which is unaffordable.

A win/win for employers *and* employees

If employers can help their people onto the road to recovery, they will build a more engaged and productive team.

Road to Recovery & return to work



1. REBA. Wellbeing trends at the heart of business transformation.

Private Medical Options

Square Health Delivers the Win/Win for You and Your People

Private Medical Options (PMO) is a comprehensive suite of services providing affordable, modular healthcare with integrated absence management to drive early intervention.

A Better, Quicker Road to Recovery for Employees

Faster access to quality care to minimise the impact of ill health on employees to help them stay at work or return sooner.

A Better, Quicker Road to Value for Employers

Affordable whole of workforce solution that has high utilisation and is data-rich to drive your strategy.

Road to Recovery & return to work



Diagnostics



Face-to-Face



Digital

The UK's Leading Digital Health Provider

Square Health is the UK's largest digital healthcare provider, with over 30 years experience of providing healthcare services within the wider group (Est. 1994).

We offer a wide range of health and wellbeing services via a single, easy-to-use app. The company has a strong infrastructure and access to over 5,000 UK healthcare professionals.



Founded, owned, and run by doctors, Square Health has unrivalled medical expertise with clinical excellence in our DNA



Trusted and used
by over **40%** of the FTSE 100



High satisfaction
4.7/5 user score



Governed by the CQC
rated **Good, Outstanding** in patient safety



Strategic health partner
to leaders in private hospitals, insurance & banking



**Square Health
in Numbers**

5,000+
healthcare professionals
across our network

10 million
paid end customers

4,000+
corporate customers

30
years experience

A Great Win/Win...

...for Employees



QUALITY

Quality care from **comprehensive** healthcare and wellness services up to and including **diagnostics** and **specialist consultations**

- rated **good, outstanding** for patient safety



FAST

Fast and easy access to all services in **one app** gives **earlier intervention** before conditions become serious or chronic

- **no** exclusions, **no** moratoria



Better Health for Employees

Reduce absenteeism and presenteeism
Prevent health issues recurring
People come to work at their best



...for Employers



AFFORDABLE

Four price points to suit your budget from the **largest digital healthcare** provider

- used by **40%** of the FTSE 100



INCLUSIVE

Whole of workforce solution with **all services** in a **strategic** HR programme
- with integrated **absence management**



Great Business Value

More affordable than traditional insurance
Data rich, insightful reporting that demonstrates strategic value
Greater productivity from an engaged and energised team



Fast Access to Quality Services

Whatever their problem, all employees can start their road to recovery by booking through our app.

Square Health services are governed by the Care Quality Commission (CQC). The CQC govern all clinical services including the NHS.

Square Health is rated **Good** and **Outstanding** for patient safety.



Convenient healthcare

Direct access to experts

No pre-auth

No claiming

No moratoria

No waiting.



Mental Health Support when you need it

Employees book therapists directly and start their recovery.



Deal with musculoskeletal pain straight away

Employees book physiotherapists directly for advice and access to physical treatment.



Diagnostics included

Access powerful medical diagnostics such as MRI, X-ray and CT Scans to give a clear next step on the road to recovery.



Early detection means early action

Home Testing is reassuring or prompts early action if there is a problem.



Wellbeing for all

Our wellness experts can help employees optimise their health through nutrition, physical activity and lifestyle change.

PMO Offers Five Levels of Care

Indicative price per employee per month

		Flex (Modular Services)	Level 1	Level 2	Level 3	Level 4
		£1.00 - £8.40	£9.90	£14.50	£17.90	£24.75
Digital Services	Absence Management		✓	✓	✓	✓
	Remote GP Services	★	✓	✓	✓	✓
	Mental Health Support	★	✓	✓	✓	✓
	Physiotherapy	★	✓	✓	✓	✓
	Wellness Expertise	★	✓	✓	✓	✓
	Employee Assistance Programme (EAP)	★	✓	✓	✓	✓
	Healthcare Concierge			✓	✓	✓
Face-to-Face (National Networks)	Mental Health Support			✓	✓	✓
	Physiotherapy			✓	✓	✓
	Complementary Therapy for MSK				✓	✓
	GP (In-person)				✓	✓
Health Check	Health MOT				✓	✓
Diagnostics	Pathology					✓
	Non-invasive Radiology					✓
	Complex Diagnostics					
Hospital	Specialist Consultation					✓
	In-patient Care					

VS

PMI
c.£80+
✓
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★ Select from the wide range of modules to suit your needs and budget.

Quick Access to a Wide Range of Expertise

We have a unique multidisciplinary team to meet all the primary healthcare and wellbeing needs of your people.

Select Your Healthcare Professional

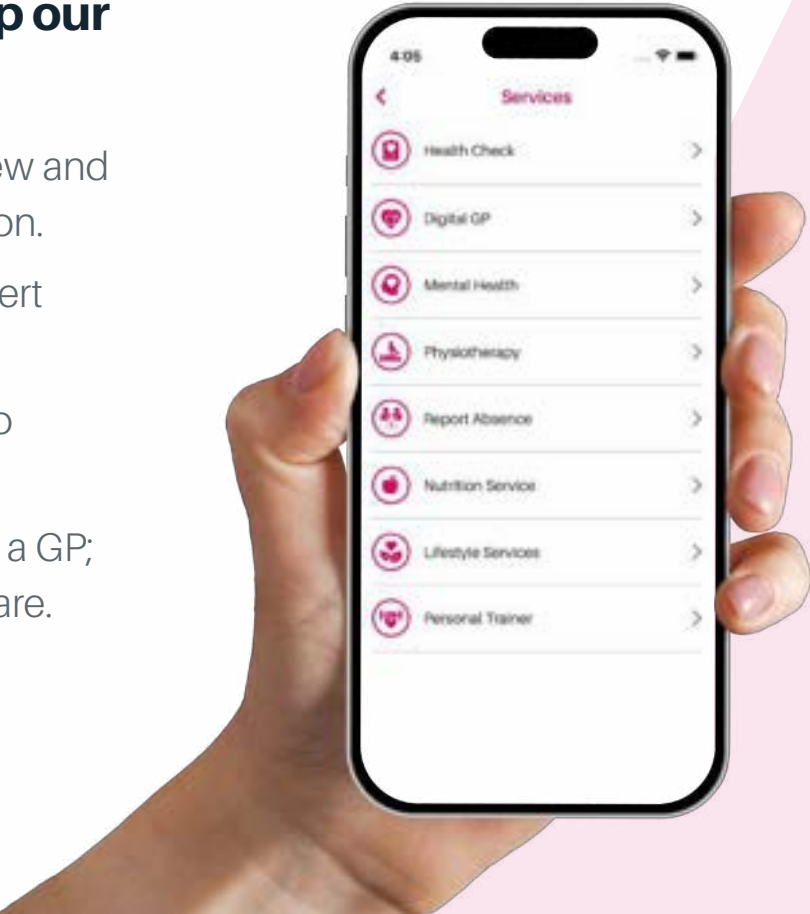
Employees can review our experts' biographies and select whomever they feel most comfortable with.

- **Doctors:** Advice, prescriptions and referrals with GMC registered UK-based doctors; records can be shared with personal GPs.
- **Mental health therapists:** Therapy from BACP counsellors, CBT therapists, psychologists, and mental health nurses. EAP also available.
- **Physiotherapists:** Consultations with HCPC-registered physiotherapists, osteopaths, and chiropractors; personalised plans via our app.
- **Specialists:** Private consultant appointments arranged based on clinical need.
- **Wellness experts:** Advice and coaching with nutritionists, personal trainers and lifestyle coaches to define and achieve goals.

Access Clinical Services

All our services are designed to work together and help our healthcare professionals help your people.

- **Absence management:** Sickness absence reporting, tracking, review and cross-referral to other Square Health Services to drive early intervention.
- **Health MOT:** Convenient home testing ordered via the app with expert guidance from a doctor or nurse on results.
- **Diagnostic services:** Faster diagnosis, (e.g. MRI, ECG, blood tests) to accelerate access to treatment if required.
- **Healthcare concierge:** Managing the NHS, such as registering with a GP; legal rights under the NHS Choice Framework; facilitating onwards care.



Getting Started

Square Health can get you live within 24 hours of signing the contract.

Step 1

Pick the PMO solution that is right for your workforce.

Step 2

Upload employee work emails*.

Step 3

Square Health sends invite to download our app & details of services.

Step 4

Start enjoying our services!



Any Problems?

Our Relationship Team is ready to support you.

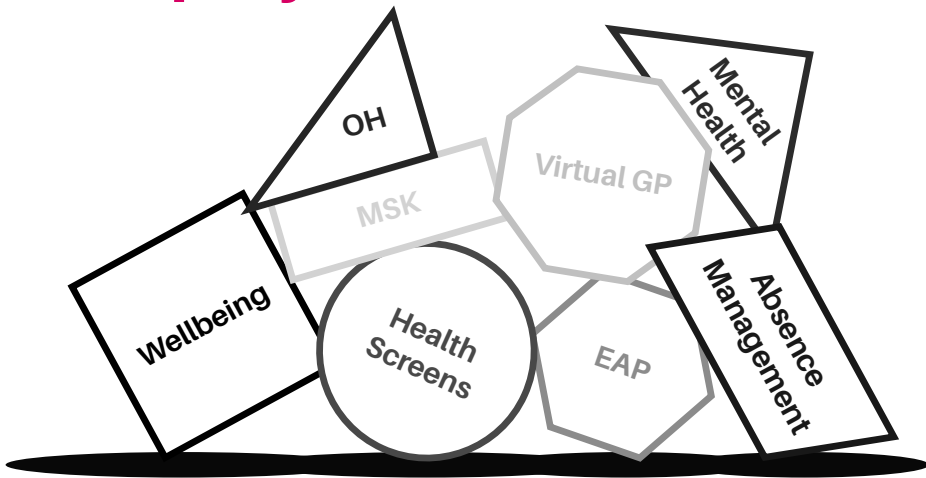
*Other solutions are available. 10

A Solution Provider

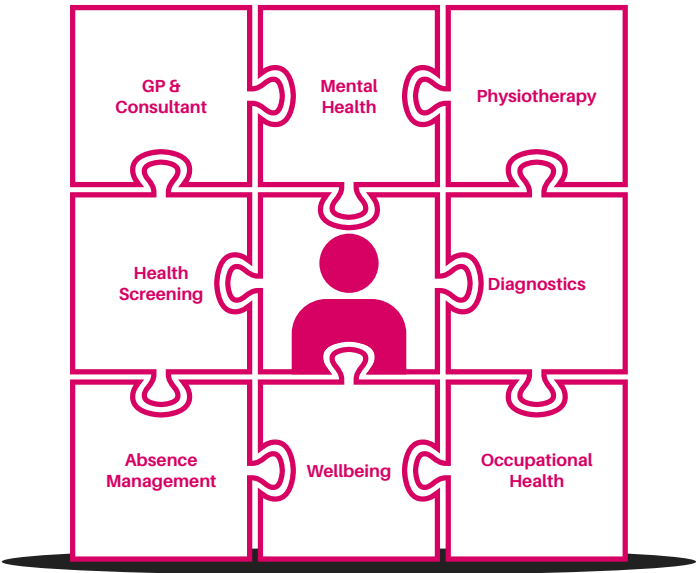
Square Health is a strategic partner to corporates, private hospitals, insurers and financial institutions, designing specific solutions to meet their goals.

Square Health Can Simplify Your Services

Square Health operates a modular platform which enables our innovative and agile development team to develop the services our partners need, built around a single patient record.



Most Services in Most Employers



ONE Supplier
ONE App
ONE Service
ONE Data Set

Additional Services

Square Health is bringing a fresh, innovative approach to the everyday health and wellbeing needs of our customers.

Menopause

Holistic menopause care with expert guidance, education, and assessments for confident, informed transitions.

Occupational Health

Clinician-led services to provide appropriate and accurate management advice, aid recovery, assess fitness, monitor risks, reduce absence, and support safe return to work.

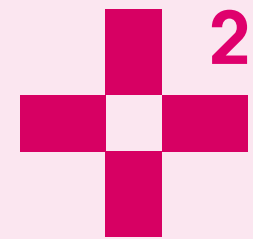
Men’s Health Women’s Health

Address the specific health needs of men and women through specific tests and specialist expertise.

Neurodiversity

Coach neurodiverse talent to boost communication, confidence, and performance in inclusive, high-performing teams.





SQUAREHEALTH
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Square Health Limited

Crown House
William Street
Windsor
Berkshire
SL4 1AT

T 0345 140 3000
E info@squarehealth.com
W www.squarehealth.com