



## Health Club and Wellbeing Scheme

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### Lowest Corporate Membership Rates

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Available for employees and their families at over 2,000 health clubs, gyms and leisure centres across the UK.

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### On-line Wellness and Lifestyle Assessments

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Coupled with tips and information to boost the health, fitness and wellbeing of your employees.

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### Special Rates and Discounts

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Discounts on health and fitness products and services, including spa treatments, home fitness equipment and organic food delivery.

**Fair Care**  
Employee Benefits

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Specially designed to appeal to all employees, the scheme caters for all levels of interest; from those looking to take their first steps on the road to a healthier lifestyle, through to the very active.

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Simple and quick to set up, the **communication, marketing** and **on-going administration** is **fully outsourced**. The Health Club and Wellbeing Scheme is inexpensive, with minimal set-up and administration charges.

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Members enjoy secure, 24 hour access through our Health Club and Wellbeing website. Any questions from your employees are answered by our helpdesk, which is there to help throughout the life of the scheme.

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#### Key Features of the Website Include:

##### Discounted Individual and Family Health Club Membership

Fair Care Health Club and Wellbeing Scheme members and their families are guaranteed lowest corporate rates at over 2,000 health clubs, gyms and leisure centres across the UK.

Members can locate participating health clubs offering the facilities they need using our Health Club Finder tool.

If an employee's preferred health club is not yet participating in the scheme, they can refer the club to us and we'll do our best to bring them on board.

##### Wellbeing and Lifestyle Assessments

Members seeking ideas or formulating action plans to establish work-life balance, improve their sleep and reduce their stress levels, or boost their general health have access to a range of personal assessments, quick tips, guides and articles.

##### Diet and Nutrition Help

Your employees will have access to healthy eating tips and advice, as well as discounted rates on Tesco Diets, which offers a range of weight loss and healthy eating plans to suit individual requirements.

##### Special Rates and Discounts on Health and Fitness Products and Services

Spa treatments, home fitness equipment, organic food delivery, holidays, leisure activities, and much more. Participating brands include: Abel & Cole, Weightwatchers, Golfbreaks.com, Comet, Ultim8 Fitness, Ticketmaster, and Champneys Health Resorts.

##### The Diary of Janie Jones

Follow Janie as she attempts to get fit and lose weight. Updated weekly, this lighthearted section of the site is rapidly gaining a cult following.

##### Benefits that the Fair Care Health Club and Wellbeing Scheme can Offer Organisations Include:

**A tangible benefit** that enables employees to make quantifiable savings on their health club membership and other products and services.

**General improvement in the health and fitness of employees**, which may contribute to increased productivity and a reduction in absence through sickness and stress.

**Enhancement to your existing benefits package** at minimal cost.

A means of **engaging** and **motivating** your employees, making them feel valued.

#### The Facts

Health Club and Wellbeing Scheme

10

minutes is how long it takes to set up the scheme over the phone.

24

hour access through our Health Club and Wellbeing website.

2,100

and growing – the number of health clubs and gyms participating in our scheme.

## Getting Started...

Implementation is very straight forward. We will just need to ask you a few simple questions to establish your preferences, and then we will construct your scheme.

## See the Scheme in Action...

We offer a real-time, walk-through demonstration of the scheme, with one of our consultants, at a time that suits you. All you need is access to the internet. Alternatively, if you prefer to browse our demonstration website at your leisure, we will be happy to provide you with temporary access.

Simply call our helpdesk on the number below to arrange a demonstration or for access details.

# 0800 652 4745

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## Our Services

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If you would like more information on any of our services, visit our website [www.faircare.co.uk](http://www.faircare.co.uk) or call **0800 652 4745** to speak to one of our consultants.

Our range of employee benefits solutions includes:

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CHILDCARE VOUCHERS

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CYCLE TO WORK SCHEMES

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GREEN CAR SCHEME

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BUS TO WORK

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SMART PARKING SCHEME

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SALARY SACRIFICE PENSION SCHEMES

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STAFF DISCOUNT SCHEME

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THE JAM CARD

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### HEALTH CLUB & WELLBEING SCHEME

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HEALTH SCREENING

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CORPORATE HEALTH & WELLBEING SERVICES

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EMPLOYEE ASSISTANCE PROGRAMME (EAP)

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BENEFITS CONSULTANCY

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HR PROTECT

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TOTAL REWARD STATEMENTS

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FLEXIBLE BENEFITS CONSULTANCY

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HOLIDAY TRADING

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REWARD & RECOGNITION

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**Fair Care**  
Employee Benefits