



# BHSF Connect

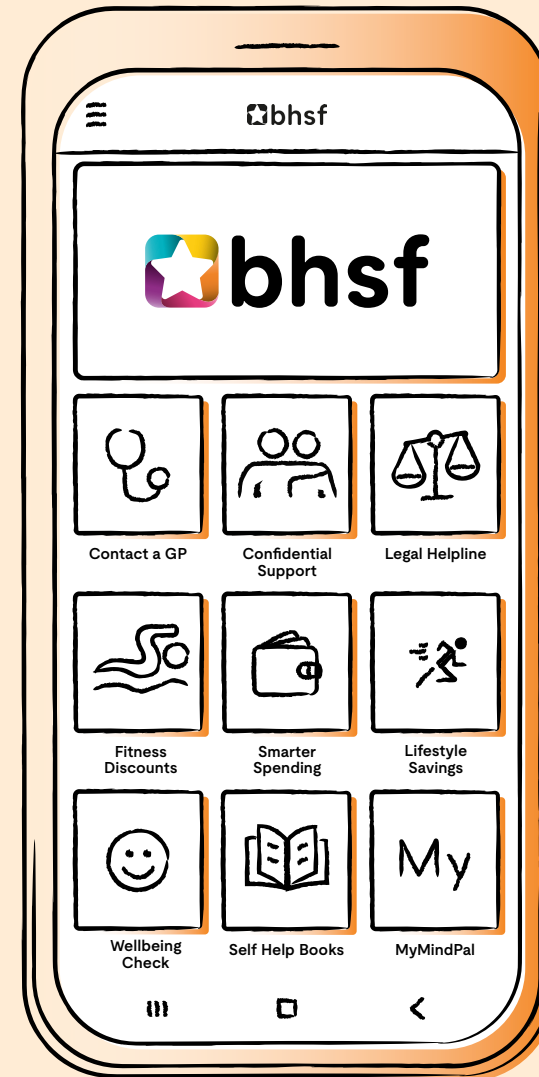
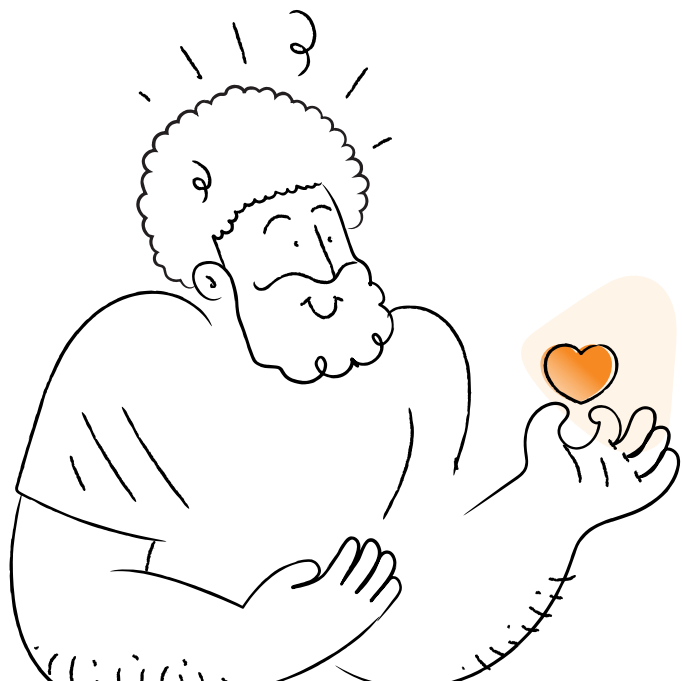
Health and wellbeing  
support on the go.



# What is BHSF Connect?

BHSF Connect is an app that connects essential health and wellbeing services, putting them at the fingertips of your workforce to help them manage their own emotional, financial and physical wellbeing.

We understand that everyone's needs are different, which is why we offer a variety of solutions tailored to fit your budget and wellbeing goals.





Contact our enquiries team today on **0121 454 3601** or visit [www.bhsf.co.uk/bhsf-connect/](http://www.bhsf.co.uk/bhsf-connect/)

# What's in the app?

BHSF Connect not only offers elements of choice but it is also customisable – incorporate your branding and company information to make it your company's health and wellbeing app.

It connects your employees to a wide range of services, which can include:


 24/7 access to a GP from anywhere in the world\*


 Confidential helpline for support with counselling and emotional matters


 Smarter spending – discounts and special offers on hundreds of well-known brands


 Discounted gym membership and nutrition advice

\*You will only get access to UK NHS based medical help, regardless of where you are.

 Comprehensive care and special needs support for employees with care responsibilities

 Expert and practical domestic and family legal advice 24/7 365 days

 Impartial and confidential debt and welfare benefits support

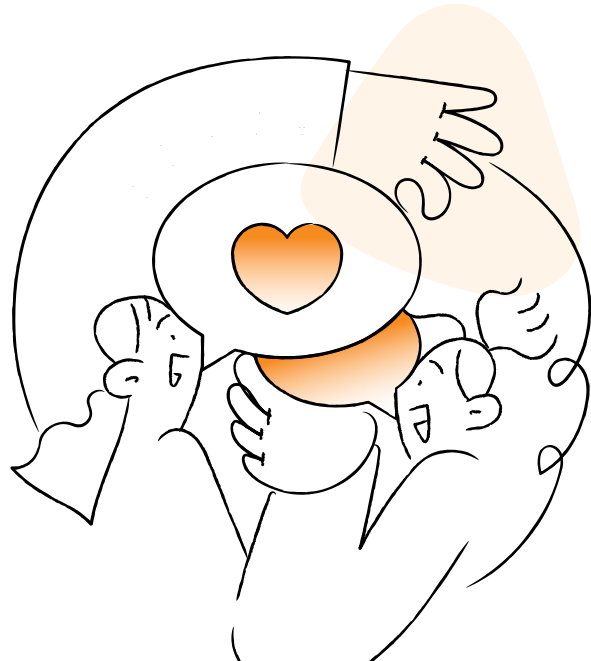
 MyMindPal – an interactive app and online mental health fitness tool

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# How BHSF Connect can help

## Employers

- ⌘ Reduced stress and anxiety across your workforce
- ⌘ Increased engagement at work
- ⌘ Reduced absenteeism and presenteeism
- ⌘ Saves you time by helping your workforce manage their own health and wellbeing
- ⌘ An efficient and effective solution for fulfilling your company's wellbeing commitments



## Employees

- ⌘ Manage stress and anxiety at work and home
- ⌘ Make a positive impact on their health and fitness
- ⌘ Seek medical advice without having to take time off work
- ⌘ Seek money management guidance and expert legal advice
- ⌘ Save money on everyday spending



# How employees sign up

When you choose BHSF Connect as your company's health and wellbeing app, it's simple to get your employees connected.

1

Provide your employees with instructions on how to install the app, along with your unique BHSF Connect code.



2

Once your employees have installed the app on a mobile device, they simply follow the setup instructions to get started.



3

Alternatively, you can upload your employees' data and they'll receive a Welcome email with all the information about BHSF Connect and how they access it.

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# Make a positive impact on your employees' mental health and wellbeing today

We are the only EAP provider in the UK that has no exclusion or inclusion criteria. This means we support all referrals and never refuse access to our services.

For further information, feel free to contact us at [enquiries@bhsf.co.uk](mailto:enquiries@bhsf.co.uk) or call us at 0121 454 3601



Trustpilot score accurate as of June 2025.



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