



Access your **BRAND NEW**
employee benefits!



Visit vivup.co.uk

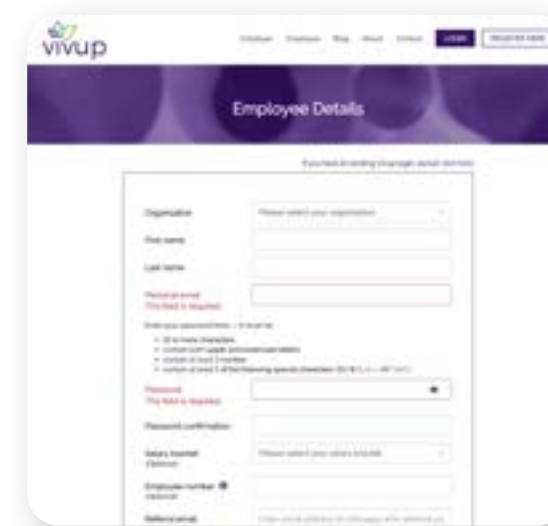


Great news, you're about to discover an exciting range of benefits to support your mental, physical and financial wellbeing!

Start exploring now...



Step 1.
Scan the QR code



Step 2.
Register on Vivup



Step 3.
Enjoy the range of exciting benefits available to you



Visit vivup.co.uk

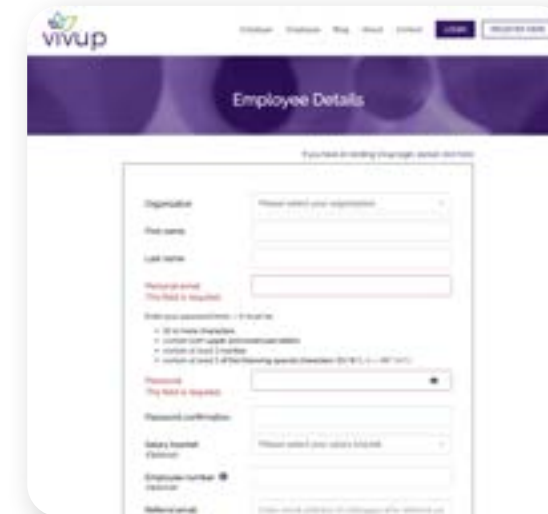


Great news, you're about to discover an exciting range of benefits to support your mental, physical and financial wellbeing!

Start exploring now...



Step 1.
Open email from
noreply@vivup.co.uk



Step 2.
Confirm registration
on Vivup



Step 3.
Enjoy the range of exciting
benefits available to you



Visit vivup.co.uk



Contents

Lifestyle Savings

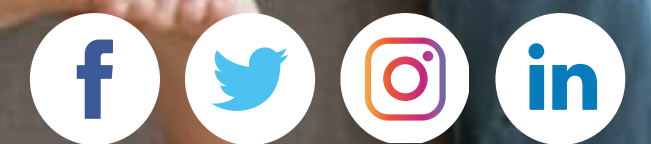
eGift Cards
Physical Gift Cards
Reloadable Cards
Discount Codes
Local Discounts

Mental Wellbeing

Face to Face Counselling
Self-Help WorkBooks
24/7, 365 Helpline
Your Care



Visit [vivup.co.uk](https://www.vivup.co.uk)



Lifestyle Savings

Lifestyle Savings are built to support every aspect of your daily life. From supermarkets and high street shopping, to utility bills and retailers in your local community, discover a world of savings and discounts with you in mind



eGift Cards



**Physical
Gift Cards**



**Reloadable
Cards**



**Discount
Codes**



**Local
Discounts**



Visit [vivup.co.uk](https://www.vivup.co.uk)

Savings and offers are subject to change. Terms and conditions apply for all third parties





eGift Cards

Our egift cards are a great way to save on your everyday spend. Simply choose your retailer and amount, pay a discounted price and the egift card will be emailed straight to your inbox to start using. Plus, a wide range of our egift cards can be used both in store and online

Deals from

ASOS

H&M

currys



Zizzi
INDIVIDUALLY ITALIAN
www.zizzi.co.uk

ODEON

NEW LOOK



JOHN LEWIS
& PARTNERS

極度乾燥(しなさい)
Superdry®

TED BAKER
LONDON

and many more...



Visit [vivup.co.uk](https://www.vivup.co.uk)



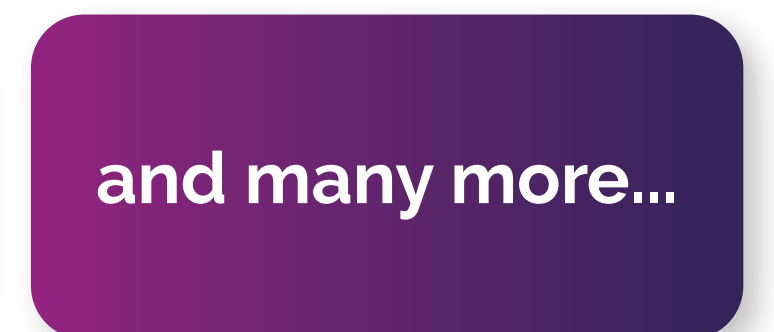
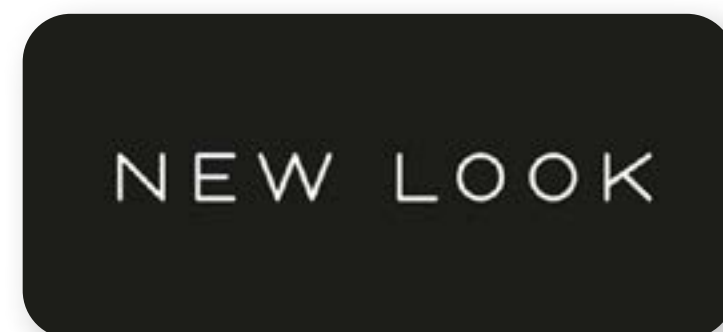
Savings and offers are subject to change. Terms and conditions apply for all third parties



Physical Gift Cards

A traditional gift card, explore the wide range of stores, order at a discounted price and receive the card to your door in days!

Deals from



Visit [vivup.co.uk](https://www.vivup.co.uk)



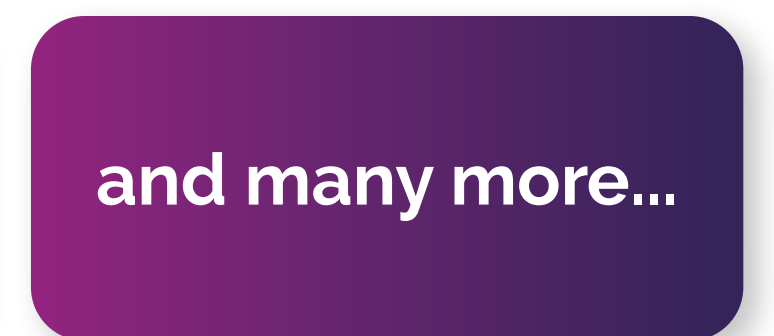
Savings and offers are subject to change. Terms and conditions apply for all third parties



Reloadable Cards

Add extra value to your physical gift cards by selecting a reloadable card from a wide range of leading UK retailers. This enables you to add to your gift card balance while making continuous savings

Deals from



Visit [vivup.co.uk](https://www.vivup.co.uk)

Savings and offers are subject to change. Terms and conditions apply for all third parties

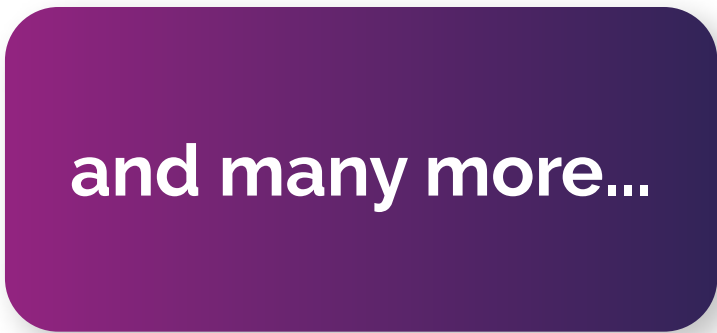




Discount Codes

No purchase necessary, simply use the discount codes available to save more when you shop with your chosen retailer

Deals from



Visit vivup.co.uk





Local Discounts

Help support your local community with discounts specific to the independent businesses in your region

Go to town!



Visit [vivup.co.uk](https://www.vivup.co.uk)

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Employee Assistance Programme (EAP)

Access confidential support when you need it most

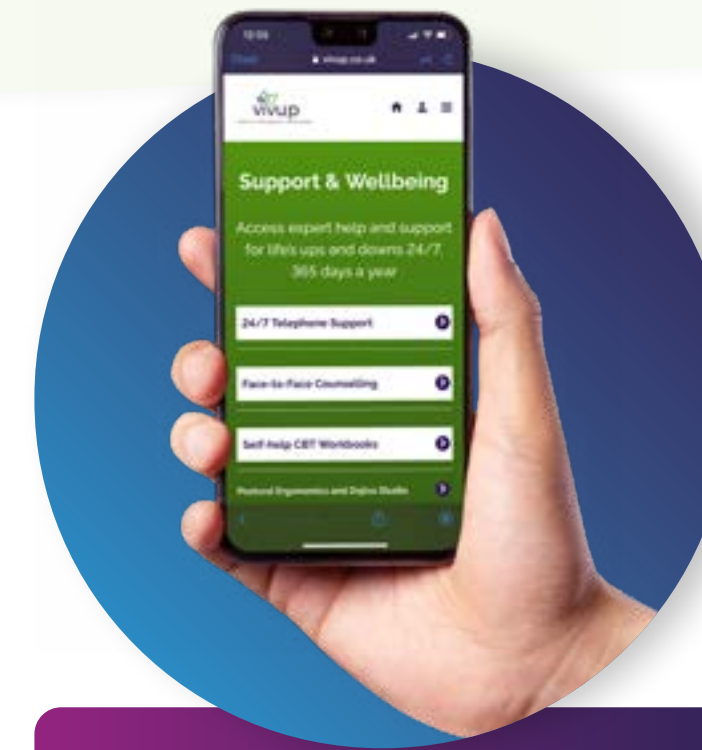
Our Employee Assistance Programme (EAP) provides expert support for life's ups and downs - 24/7, 365 days a year. Whatever mental, physical, financial or personal issue you're facing, you can find a wide range of resources waiting to help



**Face to Face
Counselling**



**Self-Help
Workbooks**



**24/7 365
Helpline**



Visit [vivup.co.uk](https://www.vivup.co.uk)





Face to Face Counselling

After calling our helpline, our specialist counsellors may offer you a series of face to face counselling sessions to help support you further

It's Good to Talk



Visit [vivup.co.uk](https://www.vivup.co.uk)





Self-Help Workbooks

Our self-help workbooks are topic focused and filled with practical information to help you support your mental wellbeing across a range of topics. All workbooks are available as audio books and also in easy-read format

Practical Information



eBooks

Downloadable self-help workbooks providing insight, advice and support



Audio Books

A hands-free format ideal for accessing support on-the-go



Leaflets

Quick-reference guides offering advice and support in an easily digestible way



Visit [vivup.co.uk](https://www.vivup.co.uk)





24/7 365 Telephone Helpline

Open 24/7, 365 days a year, our telephone helpline offers responsive, confidential and totally independent advice for any employee in need of mental health support

To access the service,
simply call

03303 800658*

(or 0800 023 9324 free from any standard
UK landline or mobile phone)

Here to Help

Help at any
time, available

24/7

365 days
a year



Visit [vivup.co.uk](https://www.vivup.co.uk)

Terms and Conditions apply. *Calls charged at local rates





Your Care

Your Care is a dynamic wellbeing platform offering a range of personal, emotional and financial wellbeing tools to help you be a happier, healthier you!

Proactive support



Identify your health risk factors and set goals to boost your physical and emotional wellbeing

Assessments & Goals



Small sustainable lifestyle changes to support you in achieving your health goals

Recommendations



Numerous blogs, videos, recipes and more to provide inspiration and motivation

Resources



Visit vivup.co.uk





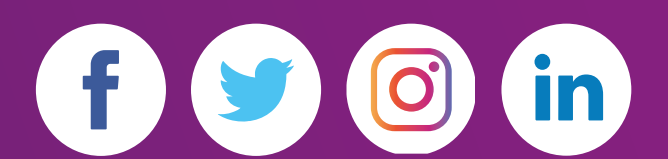
Chance to **WIN** 1 of 4 best-selling prizes!

Fancy a chance to win 1 of 4 must-have essential prizes just for registering on the Vivup platform?

Register at vivup.co.uk between Sunday 1st October and Sunday 31st December 2023, and you'll be automatically entered into the draw for your chance to win a **NINJA Foodi MAX Dual Zone Air Fryer**, a **TOSHIBA Fire TV**, an **APPLE 10.9 iPad**, or a **SHARK Stratos Anti Hair Wrap Plus Cordless Vacuum**



Visit vivup.co.uk



*Terms & Conditions apply, visit https://vivup.co.uk/promotional_terms_conditions