



Let's make work *good* for our health

Your doctor-led workplace
health and wellbeing partners

smartabouthealth

- **Let's make work *good* for our health**

Smart About Health are your doctor-led workplace health and wellbeing partners.

Workplace health is about more than a single topic and more than a one-off wellbeing week. At Smart About Health, we bring together a team of specialist doctors to design and deliver tailored programmes across the full spectrum of workforce wellbeing.

99%

of attendees rate our sessions as beneficial and 98% of attendees found our trainers to be of 'high' or 'very high' quality.





Trusted partner to industry leaders



“

Working with the Smart About Health team to create our mental wellbeing education programme enabled us to collaborate with a group of independent industry experts to ensure our offering reflected latest research and clinically validated insights.

VP Wellbeing – Global Energy Company

• Designed by doctors

Every programme starts with medical expertise and understanding what your workforce needs.

Our hand-picked doctors – each a specialist in their field – work together to build training and resources grounded in the latest evidence and research. It's never generic. Never off the shelf. And always peer-reviewed for effectiveness.

“ Choosing to partner with Smart About Health for our Wellbeing Champion Training made so much sense. They deliver the level of expertise needed to teach Champions to lean into their roles whilst setting clear boundaries – so critical from a business perspective where other providers lack in this frontline experience.

Arti Kashyap Aynsely
Global Head of Wellbeing & Inclusion at Ocado



• Delivered by experts

Great advice is useless if people aren't paying attention. It's why we put as much focus on how we deliver our programmes as we do on creating them.

We pride ourselves on our highly diverse team and in-depth understanding of cultural sensitivity. Their medical insight and real-world experience of the challenges your workforce face is central to how we deliver our programmes; allowing them to take even sensitive topics and make them open and engaging.

Choose from webinars, seminars, workshops – or a combination of the three – all supported by interactive resources.

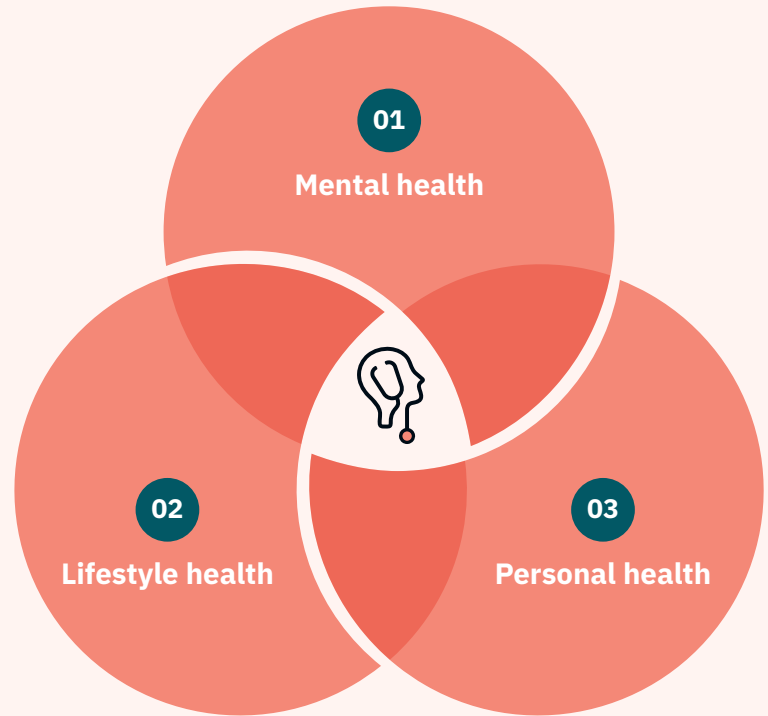


• Our specialisms

Our programmes and training cover a broad range of topics to meet your specific needs.

We work with you to design solutions that best reflect and support your teams' diverse identities.

- 01 Mental health**
From promoting good mental health, to stress, burnout and conditions.
- 02 Lifestyle health**
From physical activity, nutrition and sleep, to cancer, and metabolic health.
- 03 Personal health**
From men's and women's health, to child and family wellbeing.



Taking an holistic approach to health

Our programmes take a holistic approach to make sure your workforce gets the right support at the right time.



Positive impacts on your business



adidas

The programme

adidas works with Smart About Health to create bespoke, in-person and online, 'people days'. These landmark sessions reach hundreds of people each day, bringing employees together for high impact workshops and discussions.

Impact

With an NPS of over 70 and 4.7 star rating, Smart About Health continue to make impact at all organisational levels, including top tier leadership.



Simmons & Simmons

The programme

Simmons & Simmons works with Smart About Health to mature their wellbeing strategy through several programmes.

Impact

The partnership enabled Simmons & Simmons to address many taboo topics in the legal sector, and open up real dialogue, especially amongst partners. Over 85 Champions have been trained, leading to a ripple effect and permanent support structure as part of the wider business ecosystem.



Ocado

The programme

Ocado works with Smart About Health to train a growing network of Wellbeing Champions to improve wellbeing and a culture of support. Smart About Health also developed medically accurate menopause and fertility policies and guides.

Impact

Over 300 Champions have been trained with growing visibility and soaring utilisation. The policies have been applied globally, leading to enhanced, relevant and inclusive employee support.



• Our programmes

All-employee sessions

Work with expert clinicians to deliver a range of tailored health and wellbeing webinars.

- Designed for specific employee cohorts or company-wide rollout
- Interactive sessions with clinical hosts and subject experts

Multi-client membership

Access to a range of memberships that meet different needs, including:

- Health forward sessions: bringing the best minds in medicine together to address your people
- Support the supporters: safeguarding the needs of your DEI and wellbeing professionals

Employee resource groups

Culturally sensitive and specific programmes on health and wellbeing for different communities.

- Tailored content delivered by representative clinicians, aligned with L&D budgets
- A peer network for sharing challenges and solutions

Manager training

Equip line managers with the confidence and skills to support wellbeing in their teams.

- Learn how to spot early signs of stress and burnout
- Practical tools for effective and empathetic conversations

Wellbeing Champion training

Build a network of compassionate Champions who create lasting cultural change in your organisation.

- Clinician-designed training across all areas of wellbeing
- Tailored to your organisation's culture and needs

Enhanced learning modules

Keep your Champions and wellbeing leads learning with in-depth training on sensitive and complex topics.

- Designed to complement and extend existing training
- Encourages reflection and practical peer support



Measurable impact you can track

Data from McKinsey* and ONS overlaid against the costs of our programmes suggest an average, ROI on absenteeism and presenteeism to be:

£52 back for every £1 spent
on Wellbeing Champion training

£25 back for every £1 spent
on Manager training

*McKinsey Health Institute & World Economic Forum (2025).
Thriving Workplaces: How Employers can Improve Productivity and Change Lives

• Dr Laura David

CEO & Founder of Smart About Health | GP



After working in healthcare for the best part of 15 years, including performing countless surgeries on critically ill people, dealing with heart attacks, strokes and a pandemic, I realised putting a sticking plaster on health wasn't where I wanted to put my energy.

Starting from a deep understanding that prevention is better than cure – and my own experience of post-natal depression – I decided to set up a business that prioritised health over illness, focused on proactive not reactive intervention, empowerment and long-term investment in health at work. Because done right, work really can be good for your health.

I realised putting a sticking plaster on health wasn't where I wanted to put my energy.



History of Smart About Health

2018

Pilot programme

Smart About Health pilots its primary care programmes in the NHS to meet the needs of parents and babies.

2019

Early adopters and working with doctors

Forward looking companies such as A&E Networks and Societe Generale work with Smart About Health to prioritise parent health, mental health and men and women's health.

2022

A growing team

Smart About Health has a team of 53 doctors and is delivering comprehensive programmes focused on health and prevention across global organisations such as Clifford Chance, Booking.com, IHS Markit (now S&P Global), Allianz and Kraft Heinz.

NOW

Building the future

Smart About Health is the partner of choice for some of the biggest brands in the world, across a range of industries. Our clinical team continue to evolve their support and together, we've helped thousands of employees and managers make work good for their health.

2024

Expert doctors for every programme

In a world where so much is being outsourced to technology, Smart About Health stays connected to real humans and real clinicians. One size never fits all, and our 200 strong team of doctors focus on health and wellbeing through the lens of diversity, equity and inclusion.

2023

Continued expansion

The pandemic makes it clear that workplace health and wellbeing is more than a nice-to-have. Smart About Health grows, appointing a senior leadership team of Consultant Psychiatrists, Psychologists, GPs, Urologists and increases its team of doctors to over 100 to provide interdisciplinary gold-standard programmes.

• Get in touch

Health and wellbeing is not just a nice-to-have. It's a business priority. It drives performance, retention and culture, while giving your workforce the support they need to thrive.

Get in touch to explore how we can help transform wellbeing in your workplace.

www.smartabouthealth.com
contact@smartabouthealth.com
+44 (0)7793 022 475
 **SmartAboutHealth**



Poor mental health costs UK employers around £51 billion a year*

Smart About Health gives you the tools to improve the health and wellbeing of your people, with returns you can measure.
Let's make work good for our health.

*Deloitte (2024). Mental health and employers: The case for employers to invest in supporting working parents and a mentally healthy workplace.