

# Welcome to your enhanced support package

Your employer has invested in you by subscribing to our occupational health and wellbeing package, giving you access to the following services:

## 24-hour employee assistance line



Access to 24-hour support from a trained counsellor, legal or financial specialist.

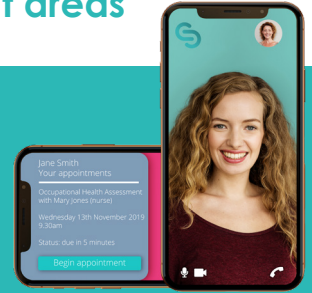
Just call 0845 862 2113 or login to your client area.

## Self-support and guidance



A wealth of support, guidance and self-directed training programmes, supporting you with issues including anxiety, sleep issues, weight loss and stress.

## App and online client areas



Smart Clinic services available in your pocket, whenever you want us.

To get started, login to your client area and download the Smart Clinic app.

## Mental health services



Structured counselling, CBT, online CBT, anxiety management or stress coaching from the Smart Clinic team. Just login to your client area for access.

## Physiotherapy



Remote and face-to-face physiotherapy services for support with musculoskeletal issues. Just login to your client area for access.

To access our services just login to your client area using the email address registered by your employer. You can do this either by visiting our website and selecting 'client area' or using the following link:

[www.client.smartclinic.com](http://www.client.smartclinic.com)

hello@smartclinic.com  
0800 862 0142

