

# Supporting employee health and wellbeing with My Health Portal



**CGI**

# Challenges facing organisations



**Resourcing constraints** – time and resource limitation within organisations make it challenging to design and implement effective health and wellbeing programmes



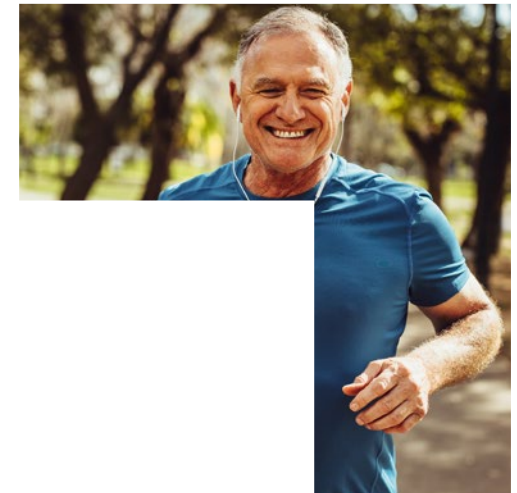
**Employee wellbeing issues** – increasing health-related absenteeism amongst employees has a direct impact on organisational performance



**Remote working** - staff engagement is more difficult to achieve, with employees requiring additional support, including access to resources or tools to help navigate the new 'normal'



**Organisational culture** – a need to adopt initiatives that increase organisation appeal and stimulate the engagement and interest of employees



CGI's My Health Portal contributes to improving the health and wellbeing of an organisation's employees.

# My Health Portal



CGI's My Health Portal contributes to **improving the health and wellbeing of an organisation's employees**. Offering a wide range of services that can be customised to your health and wellbeing strategy and integrated into your business to provide direct access to activities, resources, and tools that will assist your employees in pursuing an active and healthy lifestyle.



- Comprehensive, always accessible, online health and wellbeing platform, including a mobile application adapted for smartphones, with gamification scenarios and engagement features
- Ability to design, launch, support, and measure the impact of health and wellbeing initiatives to achieve targeted objectives
- A customised strategy, branding and integration, tailored for each client's needs

# My Health Portal - features



## One unified experience

Brand the platform with your organisation's colours, and enjoy an intuitive user experience



## Customised approach

Use our flexible set of roles and permissions to target different audiences on the platform and share relevant information for each group



## Personalisation

Improve your health one step at a time with a realistic plan. Participate in your own health journey by receiving personalised health recommendations



## Data Driven

Access aggregated and anonymised data about your organisation's health trends and use our diagnostics and action plan to build a strategy based on hard numbers



## Gamification

Offer your employees a mobile application with gamified scenarios and a Web platform to maximise their engagement and help them reach their health goals



## Power of community

Provide company-wide health challenges tailored to your needs and encourage your employees to take part in grassroots activities organised by your staff or health



## Reward engagement

Use our points-based incentive system to reward employees who have taken steps to improve their health and wellness



## Security & privacy

Use the solution knowing all your data is secured and will remain confidential

# My Health Portal - benefits



Reduced absenteeism



Improved employee health



Increased productivity



Increased motivation and retention



Reduced turnover rate



Reduce mental and physical health risks



Strong employer brand



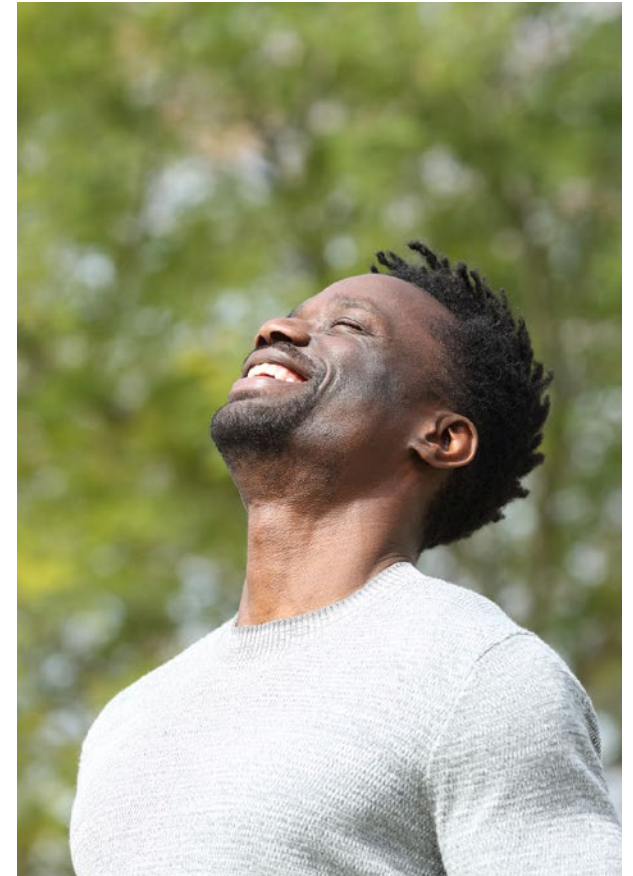
Increased job satisfaction



Reduced costs of accidents and illness



Improved quality of work



# CGI - What we bring

1

40+ years' experience of delivering complex solutions and services for public and private sector organisations

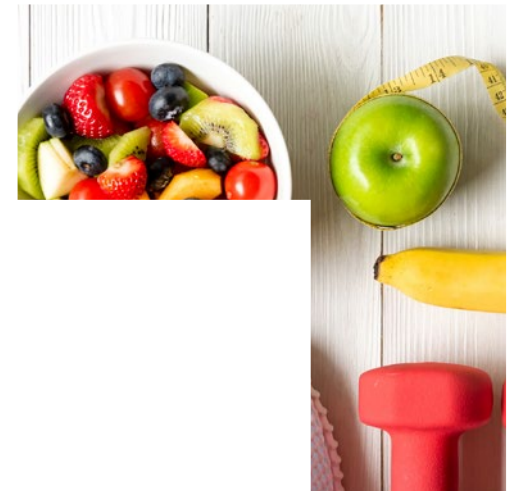
2

A client proximity business model that promotes understanding of local markets and political environments whilst leveraging CGI's global capabilities to provide best-fit solutions

3

Cross-domain & technical expertise, helping organisations identify and realise the benefits of emerging technologies to meet the growing needs of the business and employee expectations

CGI developed and delivered a global health and wellness programme called Oxygen. My Health Portal is a central component of the platform, which is used by our 77,000 members





## About CGI

Founded in 1976, CGI is among the largest IT and business consulting services firms in the world.

We are insights-driven and outcomes-based to help accelerate returns on your investments. Across 17 industries in 400 locations worldwide, our 76,000 professionals provide comprehensive, scalable and sustainable IT and business consulting services that are informed globally and delivered locally.

Our commitment: Insights you can act on.

## Contact

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