

Keeping healthy – physically and mentally

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Who are ECIS?

- Regulated insurance broker
- Wholly owned subsidiary of the ECA
- Wealth of experience in the health and wellbeing market
- Recognised for commitment to service – awarded Chartered Status by the Chartered Insurance Institute
- ECIS can provide ECA members a range of benefits and services including;
 - Private Medical insurance (PMI)
 - Industry benefit packages – JIB, NAECI and Hinkley Point
 - Cash Plan
 - Health Assessments
 - Mental Health workshops
 - Tools/Gadget insurance

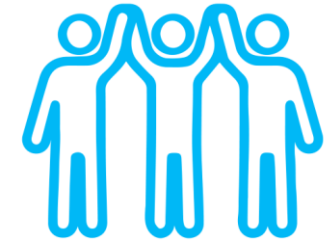




What is Health?

- The WHO defines: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity”¹
- Physical and Mental wellbeing need to be treated with same importance
- Last 18 months have had positives and negatives
- Good work/life balance essential for good health

¹<https://www.who.int/about/governance/constitution>



Staying healthy at work

- Move
- Have a routine
- Support – workload discussions, 121's
- Colleague check-ins
- Managers to be mindful of how behaviour impacts employees
- Work smarter, not harder
- Promote/Utilise benefits
- Avoid endless meetings
- Use annual leave

Staying healthy at home

- Keep active – walking, gym, yoga, Youtube classes
- Sleep
- Connect with people
- Manage media intake
- Balance diet/stay hydrated
- Digital Detox



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