

## 2015 Online wellbeing assessment – briefing document

### What is the online wellbeing assessment?

The online wellbeing assessment is a tool which generates an individual report, including a wellbeing age, to help you understand the effects your habits and behaviours have on wellbeing and provides recommendations on potential areas for improvement. The report is based on answers to questions about physical, social and mental health.



### Why are we doing it?

At Network Rail we are committed to the health and wellbeing of our employees. We define employee wellbeing as ‘A positive state of physical, mental and social wellbeing, in which an individual is able to flourish and achieve their full potential for the benefit of themselves, their families and our organisation.’

We are promoting the online wellbeing assessment to encourage our people to consider their health and wellbeing and ways in which it can be improved upon.

Group level data from the online wellbeing assessment will enable the central health and wellbeing team to identify common themes and trends throughout the business to inform future interventions and campaigns.

### How will my information be used?

The content of the assessment and report are confidential. Whilst we will be collating group level data between 3 August and 30 September, this will be completely anonymised.

Data will be used to identify common themes throughout the business relating to both general health and mental wellbeing. This provides valuable data to the central health and wellbeing team when considering future campaigns, and subject areas that need to be explored.

Routes and business functions will also be updated on the health and wellbeing of their workforce from the data gathered.

## Why should I complete the assessment?

The online wellbeing assessment is a great tool to support you in taking control of your health and wellbeing. With a wellbeing age and personalised recommendations this tool can support you in making the required changes to improve your health and wellbeing.

A key feature of the assessment is that you can go back and repeat the assessment at any time; this will enable you to compare results and see how any changes made are having an impact on your results.

Network rail in partnership with Nuffield Health, are delighted to offer you the opportunity to benefit from a free 7 day gym pass for completing the 2015 online wellbeing assessment. To claim this 7-Day Pass follow the link displayed at the end of the assessment, enter your details, and Nuffield will be in touch to book you in for a gym tour.

## Where do I access it?

The online wellbeing assessment can be accessed directly using the following link; <https://asset.robertsoncooper.com/networkrail/>

Alternatively it is available via the health and wellbeing portal: [https://www.safety.networkrail.co.uk/healthandwellbeing/Understanding-your-H-and-W](https://www.safety.networkrail.co.uk/healthandwellbeing/Understanding-your-H-and-W-and-W)

The online wellbeing assessment works on laptops and ipads and can be accessed without a connection to the network.

The online wellbeing assessment is an online tool and is different to the assessment provided on health kiosks which are being implemented locally at various sites across Network Rail. The health kiosks provide a physical health check, and results can be used by individuals identify potential health risks.

## When will it be available to use?

The online wellbeing assessment will be available from Monday 3 August 2015

The reporting period for the online wellbeing assessment will end on Wednesday 30 September 2015. The assessment will remain open for personal use following this date and you can complete the assessment as many times as you want to, with a new report being generated each time.

The assessment will still remain available for personal use following this date.