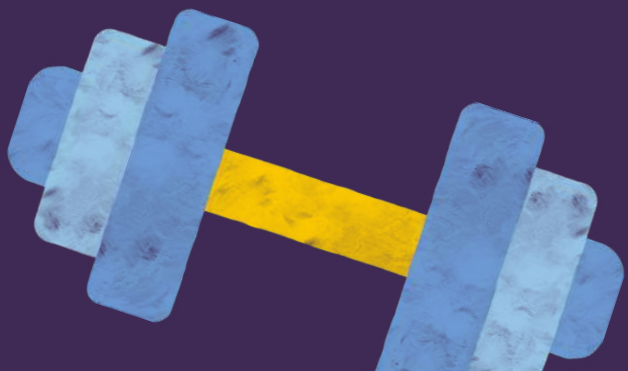




Men's Health support for your people, with Peppy

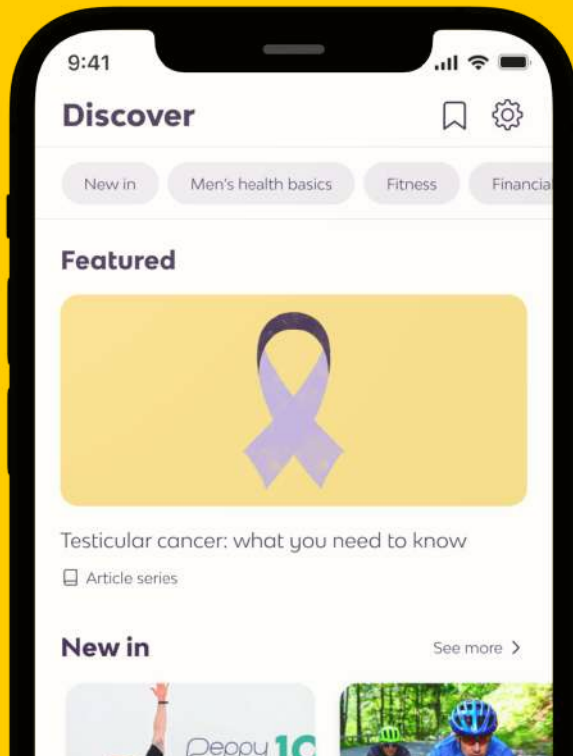
Briefing Pack: For HR Managers,
Line Managers and wellbeing groups



Introducing Men's Health

Free, confidential and personalised support for men, those who identify as male, were assigned male at birth, have male biological and physiological anatomy or who have an interest in men's health conditions and wellbeing.

Peppy gives discreet, expert support and information that's designed for men and speaks their language.



Connect your people to men's health experts

Evidence-based support delivered by humans

Support is easy-to-access, personalised and confidential

Why are we offering Men's Health support?

The reality is that most workforce health solutions are not designed with men in mind and accessibility is an issue, with men often working longer hours than women

Lack of support and touch points

Men visit the GP

32%

less than women during working years

Women have

4x

as many NHS GP touch points as men due to screening programmes





Why are we offering Men's Health support?

Outdated ideas of masculinity and 'strength' means that men have multilayered barriers to engagement with standard health benefits and healthcare in general

Mental health and wellbeing

3 in 4

suicides are by men
(leading cause of death
for men under 25)

Accessible support can save lives

50%

of premature male
deaths are preventable

1 in 5

men die before
they retire

What's covered by Peppy Men's Health?

Men's Health virtual clinic with integrated support from clinical experts to optimise employees' health and fitness.

General health and prevention

- support for diagnosed conditions and treatments
- management of symptoms
- when to see a GP
- how to recognise red flags
- essential health checks and tests*

Male specific health

- sexual health advice
- guidance for self checks
- prostate awareness
- reproductive health
- hormonal health - testosterone testing*

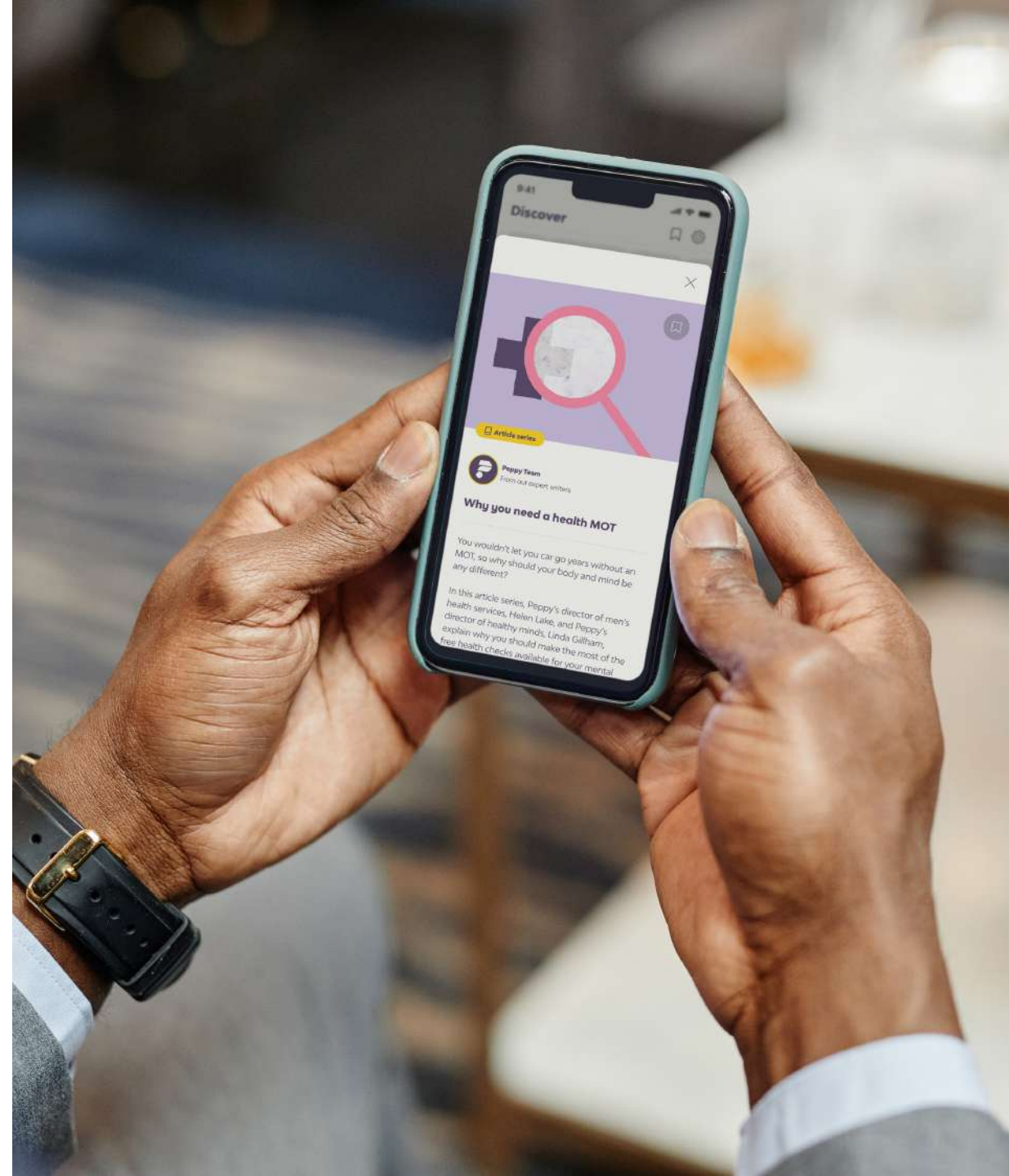
Building resilience

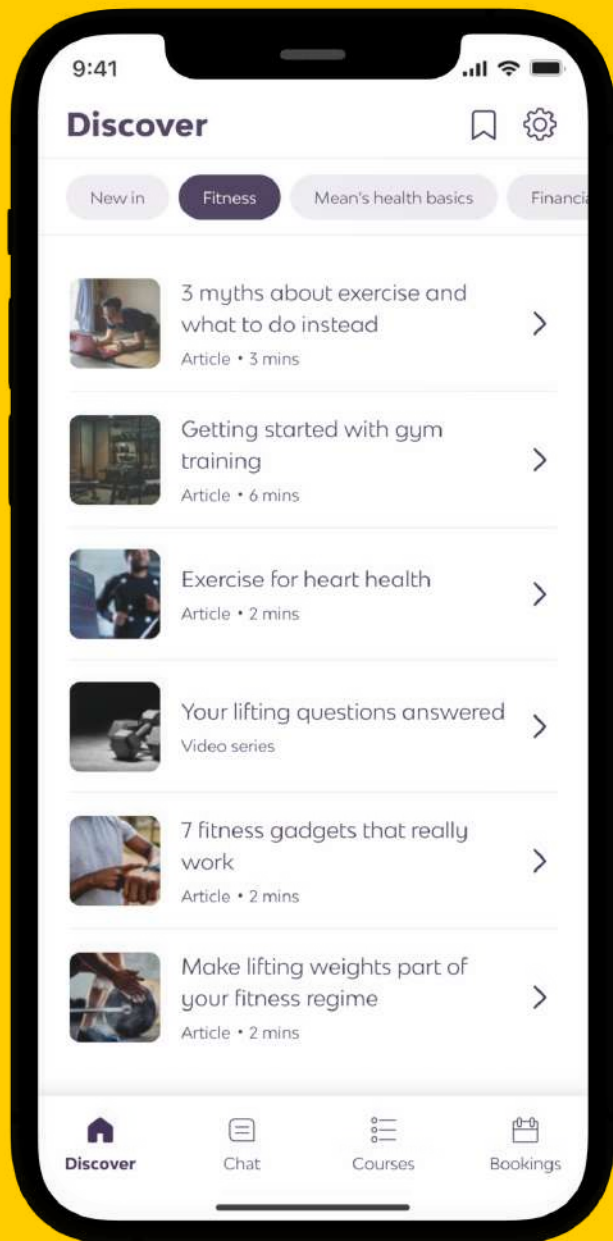
- access to mental health experts
- coping strategies and managing emotions
- stress and anger management
- relationship and intimacy issues

Lifestyle support

- access to a team of fitness practitioners
- nutritional support inc. weight management courses
- sleep improvement strategies

*where recommended by a Peppy practitioner





Peppy Men's Health: What to expect

Support from a team of experts, including: Men's Health nurses, nutritional therapists, mental health counsellors and expert fitness practitioners.

One-to-one expert support



One-to-one chat
with an expert



One-to-one
virtual consultations

Peer-to-peer support



Events

Expert guidance



Guidance on symptoms
and treatment

Expert created content



Mental
wellbeing support



Videos, articles, audios
and courses

"The internet can be misleading, so I don't trust everything I read. It is great to be able to talk to someone who can really understand your problems and work out a plan to overcome them."

Peppy user, anonymous

Multi-week Men's Health courses

When users register with Peppy Men's Health they can opt-in to take part in one of various men's health courses.

Peppy courses equip users with all the tools and resources needed to support them through their health journey.

Courses on various topics in a range of formats, including video, audio and articles. To be completed at any time that suits the user.

Courses range from 4 to 8 weeks.

Topics include...

Top to toe, your ultimate health check

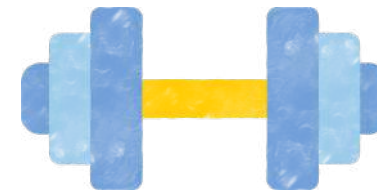
Male factor fertility

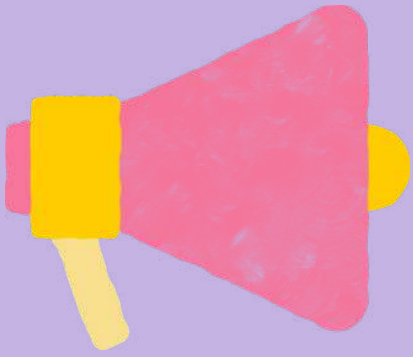
Sports scientist's guide to lifting

Learn how to recognise and manage your emotions

Understanding your body

Learn how to manage anger





Education and awareness: Events

We deliver regular events for users, featuring expert speakers and covering a range of different topics

Including..

How to make the most out of your workouts

Burnout: Causes and effects

What is a body MOT?

How to boost your energy, strength and libido

What you need to know about prostate cancer

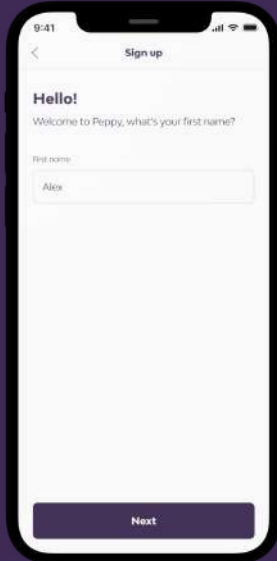
How to burn fat and build muscle

Fitting fitness into your busy schedule

How to register with Peppy

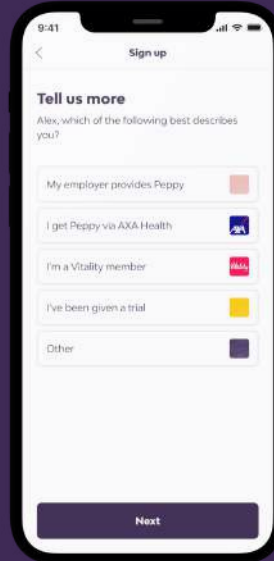


To download, search 'Peppy Health' in your app store or scan the QR code

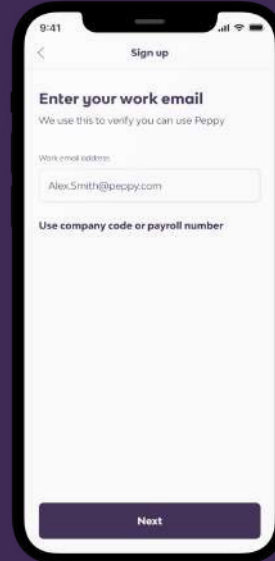


Download and open the Peppy app

(You can choose a display name later)

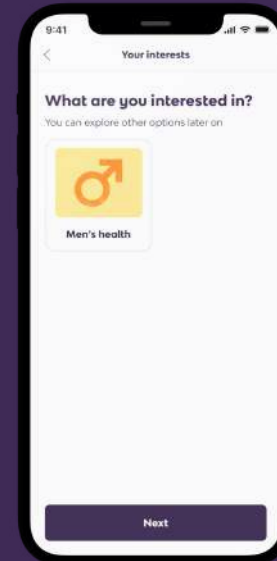


Choose 'My employer provides Peppy' and scroll to click 'Next'

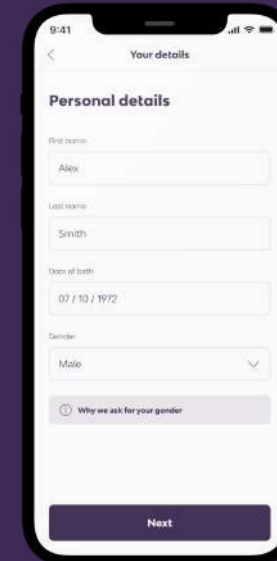


Enter your work email address

(This is only used once, to register. Your personal email will be used thereafter)

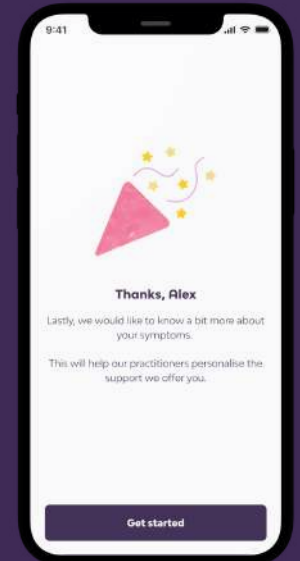


Select 'Men's Health'



Set up your profile

(All information will remain confidential)



You're registered!

(You will be required to take a short questionnaire to help us deliver the best support for you)



For non-clinical queries, email support@peppy.health or use the 'Contact Us' page in the app
App users must be 18+

FAQs

Why Peppy?

Men make up over 50% of the population, and a large proportion of your workforce. However, there are no healthcare solutions that allow employers to offer personalised wellbeing support specifically for men. That's where Peppy comes in. Giving your employees access to expert and vetted practitioners through your smartphone.

Is Peppy free for employees?

Yes, Peppy is paid for by your employer and is free to use.

Peppy asks for a work email during registration – is the service confidential?

The service is 100% confidential. A work email is only necessary to complete the registration; Peppy will never share individual registrations or any other type of personal data with your employer or any other organisation.

Where can users get help with technical queries?

For non-clinical issues, users can email support@peppy.health or use the 'Contact Us' page in the app.

Who can use Peppy Men's Health?

For men, those who identify as male, were assigned male at birth, have male biological and physiological anatomy or who have an interest in men's health conditions and wellbeing.

What are the qualifications of the practitioners?

Men's Health practitioners are all NMC Registered with at least five years of working in a clinical urology or general practice setting. They all have experience at running independent general practice nurse-led clinics and remote consultations. They are supported by qualified and experienced nutritional therapists, mental health counsellors and expert fitness practitioners

Who is behind Peppy?

Peppy is a London-based company founded by Mridula Pore, Max Landry and Evan Harris. They're on a mission to fill the gaps in conventional healthcare and ensure that more people receive the support they need, when they need it.



Download the Peppy app today



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