

BOUTROS BEAR

DIGITAL HEALTHCARE PROVIDER



Information for
Make UK Members

MAKEuk

The Manufacturers' Organisation

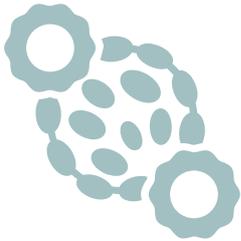
Workplace Chronic Illness Support



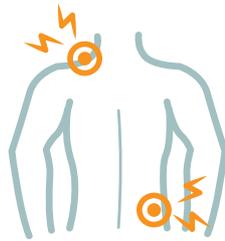
Boutros Bear

Boutros Bear's 12-week hybrid digital programme offers personalised rehabilitation programmes for people living with chronic illnesses. The aim is to empower employees to become **fitter, healthier, and more confident** in managing their conditions.

Our Programmes support employees with



Cancer Prehabilitation
& Rehabilitation



Overcoming
Chronic Pain



Menopause Support
(to be released in Q1 2023)

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Almost half of the UK's workforce is likely to face at least one long-term health problem by 2030.¹⁻²

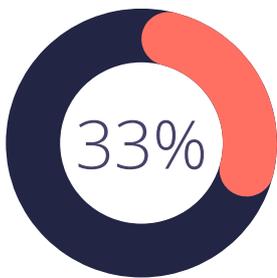
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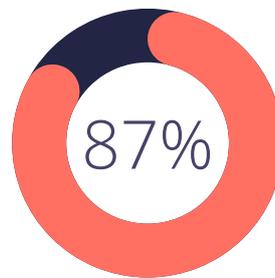
Can Your Workforce Access the Support They Need?

Research by Macmillan has found that up to a fifth of those who return to work following a cancer diagnosis had faced discrimination, either from their employer or colleagues.² Our training is designed to help employers address this risk and support employee well-being.

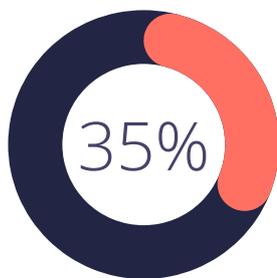
Chronic pain affects between one-third and one-half of the population of the UK.³ The Boutros Bear programmes provide personalised rehabilitation services to support a sustainable return to work.



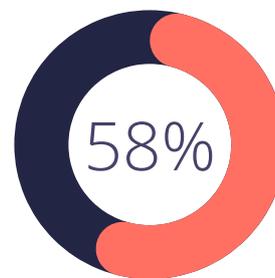
...Chronic illnesses accounts for up to 1/3 of all workplace sick absences



...of line managers have no training on managing employees with chronic conditions



...of line managers say that their organisation has an HR or Occupational Health workplace policy



...of individuals wanting to return to work after cancer don't feel emotionally prepared

20% of the estimated 141 million working days lost to sickness or injury in the UK in 2018 were due to chronic pain associated with musculoskeletal conditions.⁴

47%

Fewer hospital readmissions for cancer patients who receive cancer rehabilitation including a personalised oncology exercise programmes⁵

Boutros Bear 12 Week Programmes



DIGITAL CONTENT

Personalised nutrition and exercise plans, mindfulness sessions, live events, Q&A sessions with expert clinicians.



COMMUNITY SUPPORT

Online and face-to-face opportunities to connect and support each other in managing their conditions during and beyond the programme

WEEKLY COACHING

Our integrated healthcare team of health coaches, physiotherapists, dieticians, counselling therapists and sleep therapists will review your weekly progress and tailor activities to help manage your chronic illness.



INTERACTIVE SESSIONS

A wide range of physical and psychological therapies delivered in both group and 1:1 sessions.



Employer Training Programme



As well as providing one-to-one case management support, we also offer online employer training for HR and line managers. This is to ensure that managers have the necessary training to understand the legal obligations and practical workplace guidance for supporting employees with chronic conditions in the workplace.

Employer Training Programme offers

- ✓ **Digital Content:** e-learning for HR and line managers, providing practical guidance for creating a company care policy.
- ✓ **Legal Guidance:** understand legal obligations, e.g. Equality Act 2010, Disability Discrimination Act 1995.
- ✓ **Employee support:** better understand the impact of chronic illness on employees and provide necessary training to line managers on effective support strategies.



Programme Benefits

Preventative health -
reducing risk of recurring
or worsening conditions

Reduce absenteeism &
presenteeism
Increase productivity

Improve quality of life -
rebuilding mental and
physical wellbeing

Subscription and Rehabilitation Programme Fees



We're delighted to offer Make UK Members a **10% discount** on all Boutros Bear services

The annual subscription to our platform fee is **£3.50 per employee**, and the cost of our programme is **£2,500 per employee**. This covers the 12 week rehabilitation programmes and 12 months access to Boutros Bear's proprietary resources.

Based on an organisation of 1000 employees, the prevalence of chronic pain is estimated to be 25% and cancer at 1.5%.

On the assumption that 5% of chronic pain individuals (12) and 0.25% of cancer individuals (4) join the programme, the proposed cost of the service:

Annual subscription platform fee	£3,500
16 rehabilitation programmes	£40,000
Total Year 1 Cost	£43,500
Total including Make UK Members 10% discount	£39,150

Sign up

Please contact Brett Hussey at Makeuk@Boutrosbear.com to learn more about our Make UK Advantages partners discount and receive a personalised quote for our services.

(Please mention your Make UK Membership to qualify for the discount)

References

- 1) Al-Otaibi ST. Prevention of occupational Back Pain. (2015) J Family Community Med. 2015;22(2):73-77. doi:10.4103/2230-8229.155370
- 2) Macmillan Cancer Support. 1 in 5 people who return to work after cancer face discrimination. November 7 2016. Available from: https://www.macmillan.org.uk/aboutus/news/latest_news/1-in-5-people-who-return-to-work-after-cancer-face-discrimination.aspx Accessed Oct 23 2018.
- 3) Fayaz A, Croft P, Langford RM, Donaldson LJ, Jones GT. Prevalence of chronic pain in the UK: a systematic review and meta-analysis of population studies. BMJ Open. 2016 Jun 20;6(6):e010364. doi: 10.1136/bmjopen-2015-010364. PMID: 27324708; PMCID: PMC4932255.
- 4) Office of National Statistics. Sickness Absence in the UK Labour Market: 2018. UK: Office for National Statistics; 2018
- 5) Wonders, K. Y., Wise, R., Ondreka, D., & Gratsch, J. (2019). Cost savings analysis of individualized exercise oncology programs. Integrative cancer therapies, 18.
- 6) Hilhorst, S., & Lockey, A. (2019). Cancer Costs A 'ripple effect' analysis of cancer's wider impact. Demos