

Holistic Health

Aches & Pains and Emotional Wellbeing

Delivering clinical excellence through
an expanded range of services

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Introducing convenient access to impactful preventative care

1/4



1/4 people in the UK are living with a mental health problem.¹

1/4 UK adults suffer from one of 200 muscular/bone conditions.²

To supplement our core GP service, Medical Solutions has launched Holistic Health, which includes two new services designed to provide convenient, easy access to the preventative care and support required to improve your physical and mental wellbeing. Through education, self-help and signposting to other beneficial resources, Holistic Health can equip and empower you to manage your health proactively and help reduce the risk of more serious conditions developing. Appointment booking, and appointments, are available 9am – 5pm, Monday to Friday.

Holistic Health is not designed for more serious physical or mental conditions and does not provide access to ongoing treatment or interventions, such as Counselling, Cognitive Behavioural Therapy, Physiotherapy, Chiropractic or Osteopathy. It is only suitable for use by over 18s.



Telephone assessments



Specialist Advisers



30 minute appointments

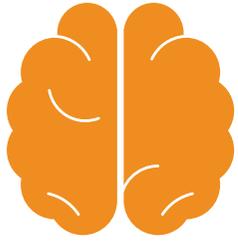


Focus on prevention



Appointments within 1 working day

1) NHS, 'Advancing our health: prevention in the 2020s', 2020. 2) NHS, 'Musculoskeletal conditions'.



Emotional Wellbeing

Designed to help you cope effectively and proactively with life's challenges.

We arrange a 30 minute phone consultation with an experienced Emotional Wellbeing Adviser at a convenient time. The Adviser will listen to your concerns and provide helpful advice, coping strategies and sign-posting to resources that support you in maintaining good emotional wellbeing.

Who could benefit from Emotional Wellbeing?

Many of us would benefit from learning better mental health practices to deal with the emotional turbulence we all experience throughout our lives. Our Advisers, who include Registered Mental Health Nurses and Counsellors, will help you learn how best to manage and maintain a healthy emotional balance through early intervention and preventative measures.

What will be discussed and how will it help?

The Adviser will carry out an holistic assessment to understand all the factors that may be impacting your emotional wellbeing. They'll ask about any personal or work life issues which may be having an effect as well as the your physical wellbeing and lifestyle. They'll provide advice on, and signposting to, good emotional health practices, positive coping strategies and beneficial lifestyle changes.





Aches & Pains

Designed to help alleviate and prevent suffering from general aches and pains.

We schedule a phone consultation at a convenient time with one of our Advisers who provides professional advice and guidance for the effective management of aches and pains. Assessments last 30 minutes, allowing our Adviser to understand the specific nature of the problem and to supply appropriate advice and where necessary, sign-posting to useful resources and information.

How is muscle or bone pain treated remotely?

Many general aches and pains can be addressed via guided 'self-help' from an experienced Adviser. Where it's beneficial, the Adviser will share remedial and lifestyle information, exercises and guided videos to support you in feeling better, faster. This service is not designed to treat more significant conditions or provide ongoing treatment, however, where necessary, our Advisers will signpost the most appropriate course of action for the individual.

Why is this important?

Modern working life has led to many of us leading increasingly sedentary lifestyles, spending too much time sitting at desks and working at computer screens. Over time, this inactivity can lead to postural problems, muscular imbalance and general discomfort, such as back and neck pain. Our Advisers, who may include Physiotherapists and Sports Therapists, can provide early intervention and education to help you make proactive changes and reduce the risk of minor problems becoming more serious.

How to book an holistic health assessment

Step 1 Call Virtual GP

0345 222 3716

Step 2 When prompted

press 1 for GP services



press 2 for help with Emotional Wellbeing

press 3 for help with Aches & Pains

Step 3

Our customer service team will answer your call and take a few details

Step 4

You'll receive a text confirming the day and time of your appointment



At the time of your appointment,
Your Adviser will call you
on your preferred number

Your assessment

Holistic health appointment booking, and appointments, are available:

9am – 5pm, Mon - Fri

What experience do the Advisers have?

At the specified time, you'll receive a call from one of our highly experienced multidisciplinary team. They have a variety of skills, experience and qualifications, are all registered with the appropriate professional bodies, undertake regular CPD, internal training and have routine supervision sessions. In addition, each of our Advisers has a minimum of two years experience in performing their specialism remotely.

What will they ask?

To ensure a full understanding of your situation and potential contributory factors, you will be asked about your clinical symptoms, their onset, triggers and how these are affecting you. This may include any impacting aspects of your personal and work life such as relationships, finances, family illness, bereavement, job type, work/life balance or job satisfaction, as well as lifestyle factors such as diet, physical activity/exercise, sleep, alcohol consumption and smoking habit.

What advice will I be given?

Our Advisers will help equip you to address the causes of your current feelings or symptoms through advice on good emotional health practices, positive coping strategies, activities, lifestyle changes and/or exercises you can implement to manage and maintain your own health more effectively. We may also send you self-help information after the consultation, such as problem solving, behavioural change, sleep hygiene, nutrition, or exercise videos.

Call now
to book your
appointment

