

HIQA Wellbeing Programme

Your Wellbeing Portal

Webinars on Neurodiversity, Financial Wellbeing, Mental Health, Menopause, Relationships and Parenting

Onsite Health Screenings

E.g. Mole screenings and Medical screenings held in each office for staff once a year

Summer Challenge

E.g. Team Pedometer/Steps Challenge

Employee Assistance Programme

24/7 Mental Wellbeing Support
Financial & Legal Assistance, General Advice, Career Counselling and Meditation

Digital Gym Studio

Free workout classes live and on demand suitable for beginners to advances, with activities like pilates, yoga, Zumba, HIIT, for all ages and fitness levels

Workshops

E.g. Mental Health Workshops

1:1 Clinics

Free 1:1 Counselling with a Psychologist

