HIQA Wellbeing Programme



Your Wellbeing Portal

Webinars on neurodiversity, financial wellbeing, mental health, menopause, relationships and parenting



Employee Assistance Programme

24/7 mental wellbeing support, financial and legal assistance, general advice, career counselling and more

Onsite Health Screenings

Mole screenings and medical screenings held in each office for staff once a year





Digital Gym Studio

Free workout classes live and on demand suitable for beginners to advanced



Team activity challenge





Workshops

Workshops on topics such as mental health



1:1 Clinics

Free 1:1 Counselling with a psychologist