

AV Dawson Subsidised Gym Membership

EVERYONE ACTIVE

AV Dawson has teamed up with Everyone Active Leisure Centres to bring you discounted gym membership with a range of fantastic benefits.

For just £20 per month you can use any Everyone Active gym in the local area.

*These discounts are subject to change
To join please contact HR.



Emotional Health & Wellbeing

Did you know it's now anticipated that **one in four adults** in the UK will experience mental health problems each year and in England, **one in six** people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

Emotional Health and Wellbeing is something that AV Dawson takes very seriously, this is why we have an Emotional Health & Wellbeing Ambassadors programme in place for any colleagues that may be struggling. All ambassadors' names and contact details can be found on notice boards around the site. We are also hosting various workshops that colleagues have the option to attend. If you would like any more information, please contact HR or one of the Ambassadors.

My Club Nissan



Up to 20% off a new Nissan car

Through My Club Nissan - As an AV Dawson employee you are entitled to get a discount off a new Nissan vehicle - please speak to our HR department for more information.

10% off at Enterprise Rent-A-Car Middlesbrough (just quote AV Dawson)



If you have any questions about any of these benefits please pop into the HR office or contact us on hr@av-dawson.com or call 01642 256841

AV Dawson reserves the right to amend or withdraw benefits at any time and without notice. Version 1 - January 2020

Colleague Perks



A.V. DAWSON
ROAD ▲ RAIL ▼ LAND ▼ SEA

More details on all perks available at www.av-dawson.com/perks

Healthshield is a health plan available to all AV Dawson colleagues and paid for by AV Dawson.

Although this is a taxable benefit, it will only cost you as little as £14 or £28 a year depending on your tax bracket and you will be entitled to all these fantastic benefits.

You can claim over £360 back per year and can opt in or opt out at any point, no catch.

Dental

Claim back up to £60 per year

Including Dental Checkups
Fillings, Teeth Whitening and
Hygienist Fees.



Optical

Claim back up to £60 per year



Including Eye Tests, Glasses, Contact Lenses and Solutions.

"I regularly claim back over £200 pounds per year on my dentist bills, optician appointments and health and wellbeing therapies. I also have access to other perks that give me discounts off my shopping and travel"

All Blake - HR advisor

Health & Wellbeing

£80 per year towards alternative therapies

Including Aromatherapy Massage,
Indian Head Massage,
Hypnotherapy, Counselling Fees.

Healthshield Counselling SUPPORT HOTLINE

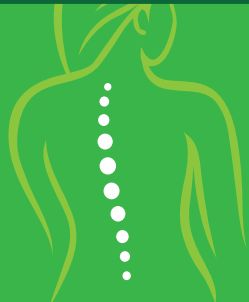
Available 24/7, offering
support and guidance on
health, legal, wellbeing
and finance issues.

**Simply call
08000 281963**
(Quote your name and AV
Dawson)

Combined Physiotherapy

Up to £160 per year for pain relieving
and preventative treatments

Including Acupuncture, Chiropractic,
Homeopathy and Physiotherapy



As part of your Healthshield package you will also be entitled to some fantastic perks that can be used at large retailers and entertainment outlets.

Entertainment



Cineworld - 2D e-ticket **£7.60**

Just Eat - 7% off e-voucher

Supermarket Shopping



Sainsbury's

Sainsburys - 4% off e-voucher

TESCO

Tesco - 4% off e-voucher

Asda - 3% off e-voucher

ASDA

Travel



National Express - 20% off Fares on UK scheduled Services

Virgin Trains - 15% off Selected First Class and Standard Tickets

Purple Parking - Up to 30% off airport parking

Expedia - 10% Discount on pre-paid hotel bookings

Premier Inn - 8% off paper voucher



Shopping



Argos - 5% off e-voucher

M&S - 7% off e-voucher

Currys - 7% off e-voucher

Halfords - 10% off instore purchases

John Lewis - 4% off e-voucher

Asos - 7% off e-voucher



Gym Membership Discount

PureGym, David Lloyd, DW Fitness

Plus Hundreds More Discounts.....



To sign up to Healthshield please speak to the HR department.

To claim, simply pay for your treatment, fill out an online claim form or paper version if preferred. Once your claim has been processed you will be paid within 7 working days.

To access the perks website once you've signed up to Healthshield go to www.healthshield.xexec.com enter your membership number and password. If you are a first time user you will have to register your account.