



Your Employee Assistance Programme

Care first
employee assistance solutions

Who are Care first?

- Professional counselling, information and advice service offering support for issues arising from home or work.
- Complements existing Human Resources, management and employment policy and procedure.
- Provides an opportunity to discuss problems away from the workplace independent of the situation.

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How to use Care first

- Counselling Helpline available 24 hours/day
- Assessment – how does this affect your work?
- Contract with telephone counsellor
- Face to Face counselling
- Information Specialist services
- Online Counselling via <http://carefirst-lifestyle.co.uk/>
- Management consultancy & advice
- Critical incident management

Issues ... loss and change ...

- changes at work
- redundancy
- promotion
- relocation
- bullying and harassment
- financial difficulties
- health problems
- gender issues
- domestic violence
- housing
- relationship difficulties
- bereavement
- separation/divorce
- family problems
- physical abuse
- drug/alcohol/substance problems
- eating disorders

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Management Service

- Does not substitute for usual manager and employee relationships
- Managing change
- Effective workplace performance
- Changes at work
- Consultancy, advice and support
- Management referral
- Traumatic incidents

Care first Information

- Information Specialists
- Wide range of issues
- Information booklets
- Confidential, Freephone service Monday to Friday 8 am to 8 pm

"I bought some shoes. The heel has fallen off, but the shop won't give me a refund or exchange"

"I really want to go back to work, but I have no child care"

My daughter had a party in her flat 2 years ago and the landlord won't refund her deposit"

"I've missed a few payment on my credit card. I'm frightened of talking to them because my friend says they will want me to pay it all off"

"My x-partner has changed the lock on our house. Can I still gain access?"

"My car has been clamped. What are my rights"

"I've been off sick from work and am worried about my job"

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Care first *Lifestyle*



Care first Lifestyle

An error occurred during login. Most likely you didn't enter the username or password correctly. Be certain that you enter them precisely as they are, including upper/lower case. Another possibility is that cookies might be disabled in your web browser.

Username:

Password:

Login

[Forgot your password?](#)



What's Available?

Care first Lifestyle is available free of charge, offering immediate information, answers and advice on a range of workplace and personal issues.

Login now to access the latest articles.

Confidentiality

Care first Lifestyle is an online solution provided by Care first.

All access is confidential. All content is available to you as part of your Employee Assistance Programme.

If you require confirmation of your login details please contact your HR department or telephone Care first on your dedicated freephone number.

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Care first *Lifestyle*

Care first Supporting your business 24 hours everyday

[Main website](#)

[My homepage](#)

[At home](#)

[At work](#)

[Health](#)

[Managers Area](#)

[FAQ](#)

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news

New Articles

Awareness Dates

[National Organic Month](#)

[Know Your Numbers](#)

[World Heart Day](#)

[Mental Health Day](#)

[National Parents' Week](#)

[National Stress Awareness Day](#)

[World Diabetes Day](#)



Care first Client Area

Welcome to Care first

Your organisation has invested in the wellbeing of all employees. This online resource is available free of charge, offering immediate information, answers and advice to a range of workplace and personal issues.

When life is good and you're care free, it's easy to hold your head up and smile.

But occasionally you might experience a time when nothing seems to go your way, be it at work or at home. That's when things can start to feel like they're getting on top of you.

Whether you need information or have questions regarding issues such as; Stress, Pregnancy, Debt, Landlords, Neighbours or Nutrition, Care first online wellbeing can provide the answers.

Care first

Logged in as carefirst
[Go to my homepage](#)
[Log out](#)



Telephone Counselling
& Information Line

Call us 0800 xxx xxxxx



Care first Vitality

Your personal health, fitness
and nutrition portal.

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Care first *Zest*

The screenshot shows a web browser window with the address bar displaying "Care First Zest". The page features a dark blue header with the "Care first" logo on the left and a "LOGIN" button on the right. The main content area has a background image of a person in green clothing jumping joyfully in a field. The text "Welcome to Care First Zest" is prominently displayed, followed by the tagline "Take control of your health and wellbeing." Below this are two buttons: "REGISTER" and "TAKE THE TOUR". At the bottom, there are three circular icons with corresponding text: a star icon for "Set realistic goals and track your progress", a clock icon for "Follow your own personal fitness programmes", and a heart rate icon for "Take a wellbeing assessment and review your score".

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LOGIN

Welcome to Care First Zest

Take control of your health and wellbeing.

REGISTER TAKE THE TOUR

Set realistic goals and track your progress

Follow your own personal fitness programmes

Take a wellbeing assessment and review your score

Care first *Zest*

Care first Vitality

Care first

Test Test

DASHBOARD

ASSESS YOUR WELLBEING

GOALS

LOGBOOK

PROGRAMMES

COMMUNITY

RESOURCES

Welcome Test

GOAL

Set goals to track areas of health and fitness

SET GOAL

Drink More Water

Drink 4 glasses of water today

1 SO FAR | 4 TARGET

Get Active 1

Log 5 activities in your logbook

Get an early night

Log 1 night's sleep with a minimum of 7 hours sleep

OVERALL SCORE

56

TODAYS CALORIE BALANCE: 2350

ASSESS YOUR WELLBEING

Your score indicates that your overall Wellbeing Category is **Pretty Good**

To improve your overall score, focus on the areas of your Wellbeing Wheel that show the lowest growth.

Setting up goals will help you achieve this.

CLOSE SET YOURSELF A GOAL

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FOOD ACTIVITY SLEEP WEIGHT WAIST CAFFEINE

Test Test

LOG FOOD FOR TODAY

Search

Care Flakes

Care Flakes (Low Sodium)

Person: Person@domain

Serving

Quantity of Serving

CUSTOM FOOD ADD

OVERALL SCORE

56

TODAYS CALORIE BALANCE: 1706

ASSESS YOUR WELLBEING

Kick start your day with exercise!

Looking After Your Eyes

Beat Stress with Exercise and Fresh Air

Get Fit for Free

Diet and Blood Pressure

Swimming for Fitness

Tips for Eating Out - Indian & Chinese

Watch your Portions

The Stop Smoking Timeline

The screenshot displays the Care first Zest app interface. A central notification overlay is prominent, featuring a 'Wellbeing Wheel' on the left. The wheel is a circular chart divided into 12 segments, each with a different icon representing a wellness category. The overall score of 55 is displayed in the center of the wheel. To the right of the wheel, the notification text reads: 'Your score indicates that your overall wellbeing is **Pretty Good**'. Below this, it states: 'To improve your overall score, focus on the areas of your Wellbeing Wheel that show the lowest growth.' and 'Setting up goals with help you achieve this.' At the bottom right of the notification are two buttons: 'CLOSE' and 'SET YOURSELF A GOAL'. The background of the app shows a sidebar menu on the left with icons for various features. The main content area below the notification includes a card for 'Get an early night' with a crescent moon icon and the instruction 'Log 1 night's sleep with a minimum of 7 hours sleep'. On the right side of the main content, there is a 'TODAYS CALORIE BALANCE: 2350' section with a progress bar and an 'ASSESS YOUR WELLBEING' button.

Confidentiality

Only broken in exceptional circumstances

- Threat to the life of another person
- Child protection & Vulnerable Adult issues
- Risk to the security of the organisation

Who are the counsellors?

- Professionally qualified with a minimum of Diploma level training.
- Members of the British Association for Counselling and Psychotherapy.
- Checked by Criminal Records Bureau.
- Extensive experience e.g. NHS clinical psychology, GP Practice, private psychotherapy practice and agencies such as Relate and Cruse.
- Personal qualities and organisational experience.

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Care first

Counselling, Information and Advice
24 Hours a day every day of the year

Counselling and Information

0800 174 319

www.carefirst-lifestyle.co.uk

Username: **southwales**

Password: **police**

www.welshframework-zest.co.uk

Organisation Code: **wf1**

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