



4 ways YuLife helps to prevent burnout in your workplace



Financial protection

Give the peace of mind that comes with financial protection

Up to £1,000 worth of rewards and wellbeing discounts per year

YuLife provides the long-term support and security of a financial safety net when it's needed most:

- [Group Life Insurance](#)
- [Group Income Protection](#)
- [Group Critical Illness](#)
- [Group Health Insurance](#)
- [Group Dental Insurance](#)

Movement

Small steps lead to big change

85% feel more productive after using YuLife

Reward your people for their everyday activity with the [YuLife app](#). Incentivise your team to improve their wellbeing with daily challenges and social game features like leaderboards and duels

Mindfulness

Daily meditation and Yudoku

Users experience 5x increase in steps and meditation with YuLife

Take care of the minds behind your business with free daily meditation and Yudoku, our take on Sudoku. YuLife rewards creating a healthy mindset, while your people can help build resilience and combat everyday stressors.

Access to EAP

Easy access to mental health support

5x increased engagement with benefits with YuLife

Create a one-stop shop for all of your employee benefits including mental health resources in the [YuLife Wellbeing Hub](#) and drive a 5x increase in engagement with EAP and vGP services.

Give your people and their families fast and easy to find, 24/7 mental health support through [YuLife's EAP](#).

Have a question? Reach out to your YuLife representative, or get in touch with us [here](#) to learn more.

