



# Boutros Bear<sup>®</sup>

HYBRID HEALTHCARE

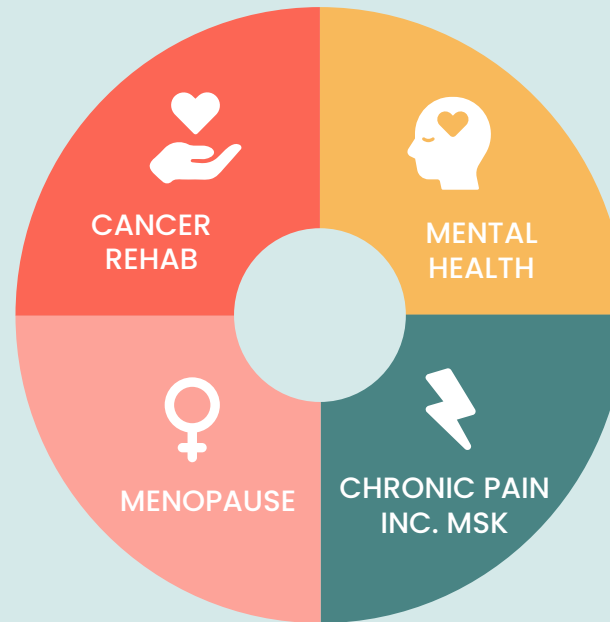
We help your employees get back to being fully **productive** and **thriving** members of the workplace



## OUR CORE FOCUS

Improve productivity, revenue and profitability by dramatically reducing employee presenteeism, absenteeism and avoidable attrition.

We do this by delivering clinically evidenced multi-week recovery and rehabilitation programmes for the most common long-term health issues in the workplace, including:



## WE'RE PROUD TO SUPPORT



## A PROVEN APPROACH

**Get your team members back to full productivity** – Every programme integrates physical health, mental health, nutrition and community support

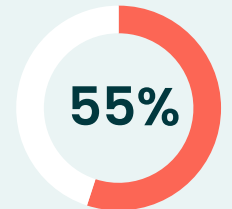
**Employees will return to being a thriving part of your community** – Our multi-week programmes, delivered through our intelligent healthcare platform are supported by weekly, live sessions with allied healthcare professionals

**Support employees back to their best selves** – All of our programmes are personalised from the start and optimised throughout.

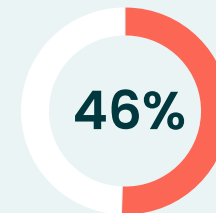
## PROGRAMME OUTCOMES



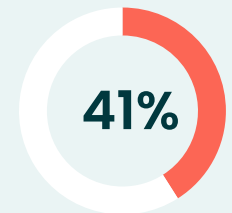
Programme adherence



Reduction in anxiety



Reduction in depression



Reduction in stress

## THE BOUTROS BEAR DIFFERENCE

- **Full Recovery** — Integrated, personalised, multi-week programmes
- **High Engagement** — Delivered through our intelligent healthcare platform and led by Allied Healthcare coaches
- **Proven Results** — Programmes designed and led by world-leading Clinical Experts
- **High Efficacy** — Clinically Evidenced
- **Sustained Improvement** — Behavioural science based
- **Platform includes** recovery, rehabilitation & prevention
- **Holistic workplace focus** — including training for employers, and preventative health education for employees

*"I tried a number of programmes in the past including all the benefits my employer offered, but none of them worked like Boutros Bear's integrated approach of movement, nutrition and mental health. Their personalised approach has helped me explore new ways of managing my symptoms, regain control over my life and get my energy back"*

**Sarah, chronic pain program participant**

*"The Boutros Bear Programme has helped me to instil some very good habits into my every day. I have more energy, flexibility and, more importantly, Boutros Bear supported me through my chemotherapy and I joined a supportive community."*

**Barbara, cancer program participant**

## OUR PROGRAMMES

### Multi-week recovery & rehabilitation programmes

Our programmes are completely personalised and are delivered weekly by our allied healthcare professionals, on our secure, intuitive platform.

All of our programmes include:



**Weekly coaching** with Boutros Bear allied Healthcare Coach



**Mental health support** with our in-house Mental Health Team



**Graded return to exercise plan** curated for individuals



**Nutritional education** and dietary guidance



**Community support forum** and group activities



**Physiotherapy and guidance** for overcoming chronic pain



**Mindfulness** and mental well-being exercises



**Personal dashboard to track progress** with wearable integration

### Employer training programmes

In addition to our proven recovery and rehabilitation programs, our platform includes manager and HR training. These videos have been designed by our HR and legal experts to educate managers and HR on creating a legally compliant, safe and supportive workplace for employees struggling with work-limiting conditions. All training programmes include assessment and accreditation.

## OUR CLINICAL EXPERTISE

We have our own multidisciplinary team of world leading clinicians, ensuring that we drive sustained behavioural change, accelerate recovery and deliver results.



**Dr. Deepak Ravindran**  
MD FFPMRCA FIPP  
DMSMed EDRA  
CMO & Pain Lead



**Dr. Sarah Bateup**  
RMN, BSc (hons), PGCE,  
BABCP Accredited CBT  
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**Dr. Ciaran Fairman**  
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