



Boutros Bear®

Hybrid Healthcare

Programme Outcomes and Testimonials Pack

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www.boutrosbear.com



Programme Outcomes

Subjective



Agree that as a result of their Boutros Bear programme, they are **better able to engage with the areas of life that bring them joy or meaning.**



Agree that they are more **productive at and less absent from work** as a result of their Boutros Bear programme.



Agree that the Boutros Bear programme is **the BEST option they have tried thus far** to address their condition.

Clinical



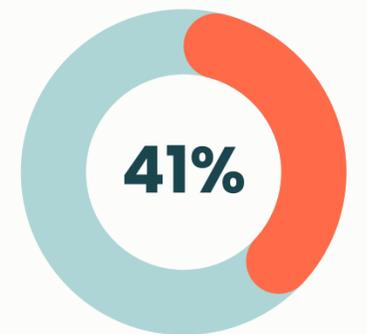
Programme Completion



Reduction in anxiety



Reduction in depression



Reduction in stress

Employees – Hear What Employee Programme Participants are Saying About Boutros Bear

“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 joined a supportive community.” – Barbara, Cancer Programme Participant



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“The program really helped me to develop a healthy lifestyle and the feeling of taking back control. It’s exactly the type of program I wish anyone going through cancer treatment would benefit from.” – Sofie, Cancer Programme Participant

“The Boutros Bear persistent pain programme is the only approach that has helped lift me back to almost the way I was before my pain started. I’ve tried a number of programmes in the past including all the amazing benefits my employer offered, but none of them worked like Boutros Bear’s integrated approach of movement, nutrition and mental health. My healthcare coach was amazing and very supportive, and the recipes have changed my life! 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 Programme Participant

Employees – Hear What Employee Programme Participants are Saying About Boutros Bear

“Prior to Boutros Bear, I had tried a number of amazing benefits offered by my employer, worked with our nursing hotline, gone to clinical specialists to understand the constant pain and fatigue I was experiencing, but it all felt like I was left on my own to trial and error all the options.

I was feeling in the dark, it was really overwhelming, nothing worked and I felt like it was going backwards. I was struggling to work effectively and was taking days off which was causing significant stress and anxiety on top of the pain and fatigue and that meant I had no energy for anything else.

I was offered the Boutros Bear 12 week, Comprehensive Chronic Pain program. I didn't know what to expect, but my doctor said that this program could help me by taking a more holistic, guided and personalized approach to my recovery.

Within three weeks I was feeling better, feeling more in control and seeing a light at the end of the tunnel first the first time in two years. The program has been life changing in terms of consistently coping with the fatigue and pain. Boutros Bear eliminated the boom and bust cycle of chronic pain. The biggest benefit of the Boutros Bear program is the holistic and personalized approach which is adjusted constantly to optimize your recovery and the focus on getting back to the way a want to be at work. I'm now working four days per week, but I'm getting more done than before I started having pain.” Fiona – Chronic Pain Programme Participant



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Employers – Hear What HR and Line Managers are saying About the Boutros Bear E Training Programme



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“An amazing, worthwhile informative learning opportunity. The program strikes the right balance for managing cancer in the workplace – providing practical skills for managers, supporting individuals facing the worry and potential diagnosis of cancer, and the legal obligation an employer must be aware of.” – Anna Triggs, HR Manager, Biocair, Employer e-learning Programme Participant

“I found this course incredibly useful to learn how to best support an employee with a cancer diagnosis, both compassionately and also lawfully. The overall content and structure of the course was brilliant. Overall, I had a great experience and would highly recommend this to other employers and managers.” – Caroline Towers, HR Professional, PragmaticIC, Employer e-learning Programme Participant