

# Empower Your Wellbeing with Your **NEW** Employee Benefits

*Your journey starts here*



HEALTH  
WELLBEING  
HAPPINESS

Visit [vivup.co.uk](https://vivup.co.uk)



# Introducing Vivup

Welcome. Allow us to introduce ourselves.  
We are Vivup, a fresh-thinking, award-winning employee benefits provider

Founded in 2005, we have supported over **2,500,000** employees in boosting their mental, physical, and financial wellbeing, not to mention helping over **2,000** organisations create a harmonious workplace culture

Our vision is simple, to improve the lives of workers across the UK



We don't want to boast, but...

**UK Employer of the Year 2022**



**Best Supplier to Work For**



**Best Public Sector Benefits**



PROVIDER TO THE WINNER

## Employees like yourself

We offer an incredible range of employee benefits to meet the needs of the modern workforce, all accessible on one easy-to-use online platform

Are you eager to know more?  
Then read on...



First and only EAPA  
Accredited EAP

**APPTS**

Secondary Mental  
Health Support

**feefo**

Feefo Score 5.0

★ **Trustpilot**

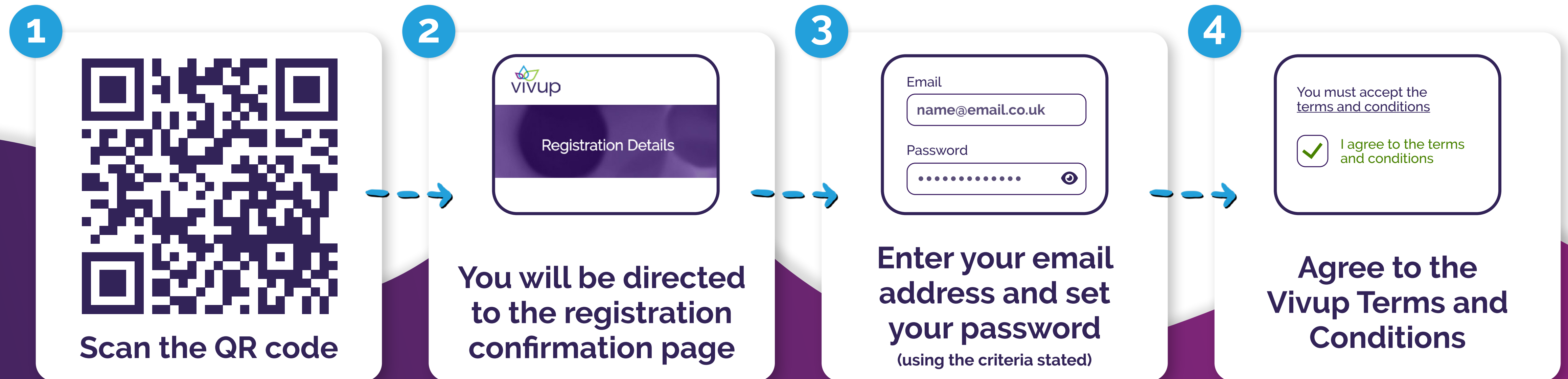
TrustScore 4.7



Visit [vivup.co.uk](https://vivup.co.uk)

# Ready? Let's Get You Registered...

You'll be glad to hear we've made your registration as straightforward as possible. After all, the sooner you register, the quicker you can use your employee benefits – and we are excited for you to see what's available



**That's it!**

Congratulations! You are now all set to browse your brand-new benefits



 Visit [vivup.co.uk](https://vivup.co.uk)



# Why Make *Lifestyle Savings* Your Constant Companion?

**750+**  
Lifestyle Savings  
discounts

Let's face it: our lives are full of everyday expenses that can all add up. Whether it's making sure the fridge is stocked for mealtimes, keeping the utility bills ticking over, or topping up the car with petrol, it can feel like an endless stream of payouts – and that is before you even get to the fun stuff!

Many of us would like to spend more time on the things we enjoy, such as cinema or theatre trips, family days out or travel, but it can prove an expensive endeavour, especially with the cost of living price rises

Fortunately, *Lifestyle Savings* is here to help - not just with the cost of essentials - but also the things that bring you joy

So, are you ready to discover a world of savings and discounts with you in mind?



[Log in or register at Vivup](#)





## Physical Gift Cards

A traditional gift card, explore the wide range of stores, order at a discounted price and receive the card to your door in days!



## Local Discounts

Help support your local community with discounts specific to the independent businesses in your region



## Discount Codes

No purchase necessary, simply use the discount codes available to save more when you shop with your chosen retailer



## Reloadable Cards

Add extra value to your physical gift cards by selecting a reloadable card from a wide range of leading UK retailers. This enables you to add to your gift card balance while making continuous savings



## eGift Cards

Our eGift cards are a great way to save on your everyday spend and many can be used both in store and online. Simply choose your retailer and amount, pay a discounted price and the eGift card will be emailed straight to your inbox

# *Lifestyle Savings* in a Nutshell



[Log in or register at Vivup](#)

# Discover Your Discounts

*Lifestyle Savings* offers a huge range of discounts with the nation's leading retailers, helping you spend less on **Gifting, Food & Drink, Utilities, Fashion & Jewellery, Days Out & Experiences, Home & Garden essentials, Health & Beauty brands, Supermarket shopping** – and so much more!



Slash your supermarket spending by **up to £280** per year



Save up to **40%** on perfect presents for all personalities



Catch movies for less money with up to **32% off** selected cinemas



Save up to **65%** on hotels, activities and travel insurance



Save up to **25%** on super days out, all season long



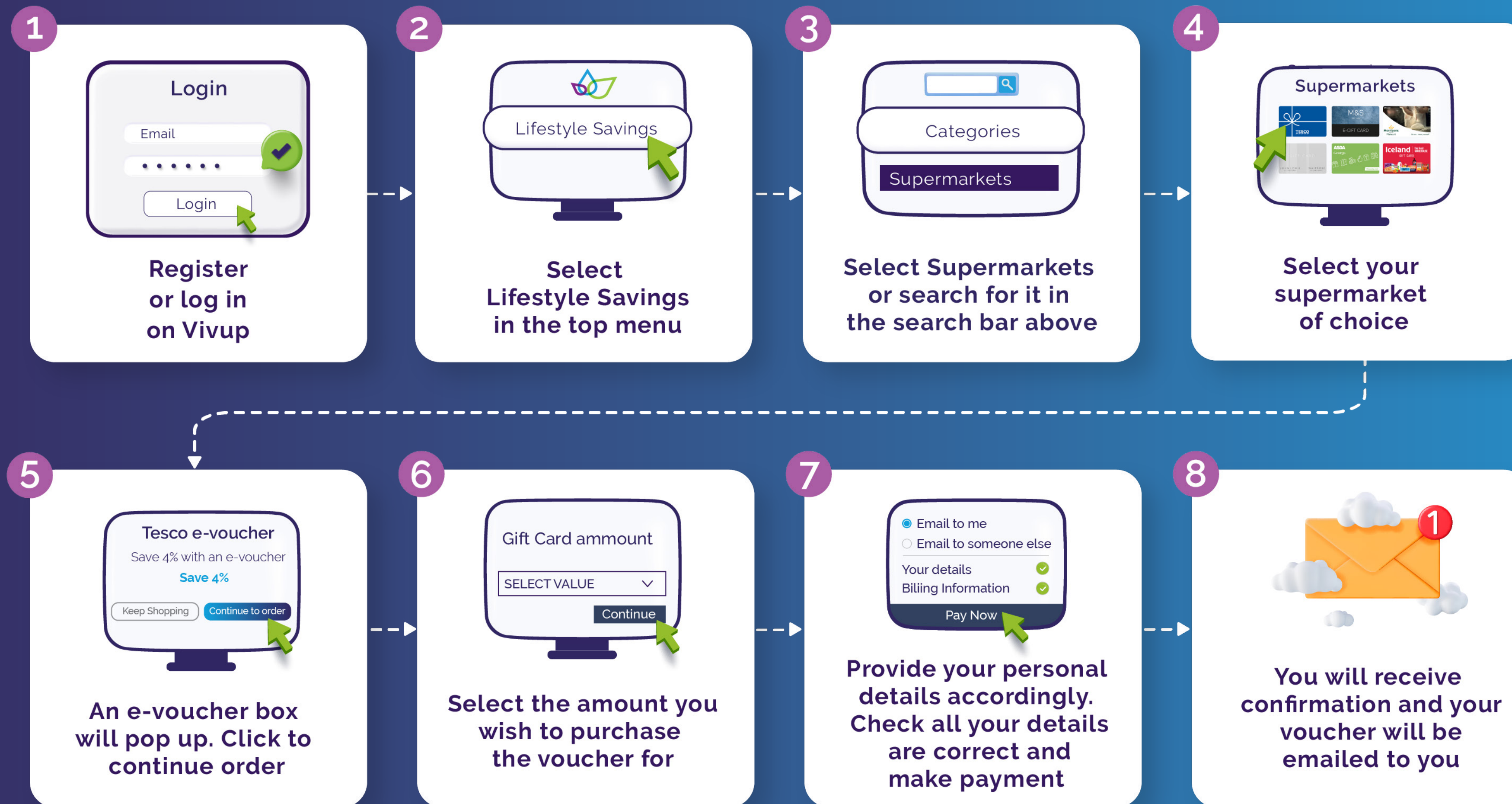
Savour discounts of **up to 30% on food and drink**



Log in or register at Vivup



# How to Navigate Your *Lifestyle Savings*





# Cycle to Work

Your **Cycle to Work** employee benefit enables you to make savings of **up to 42%\*** on the latest bikes, high-vis clothing and safety accessories for commuting to and from work. Best of all, you have the convenient option to spread the cost via manageable reductions straight from your salary\*\*

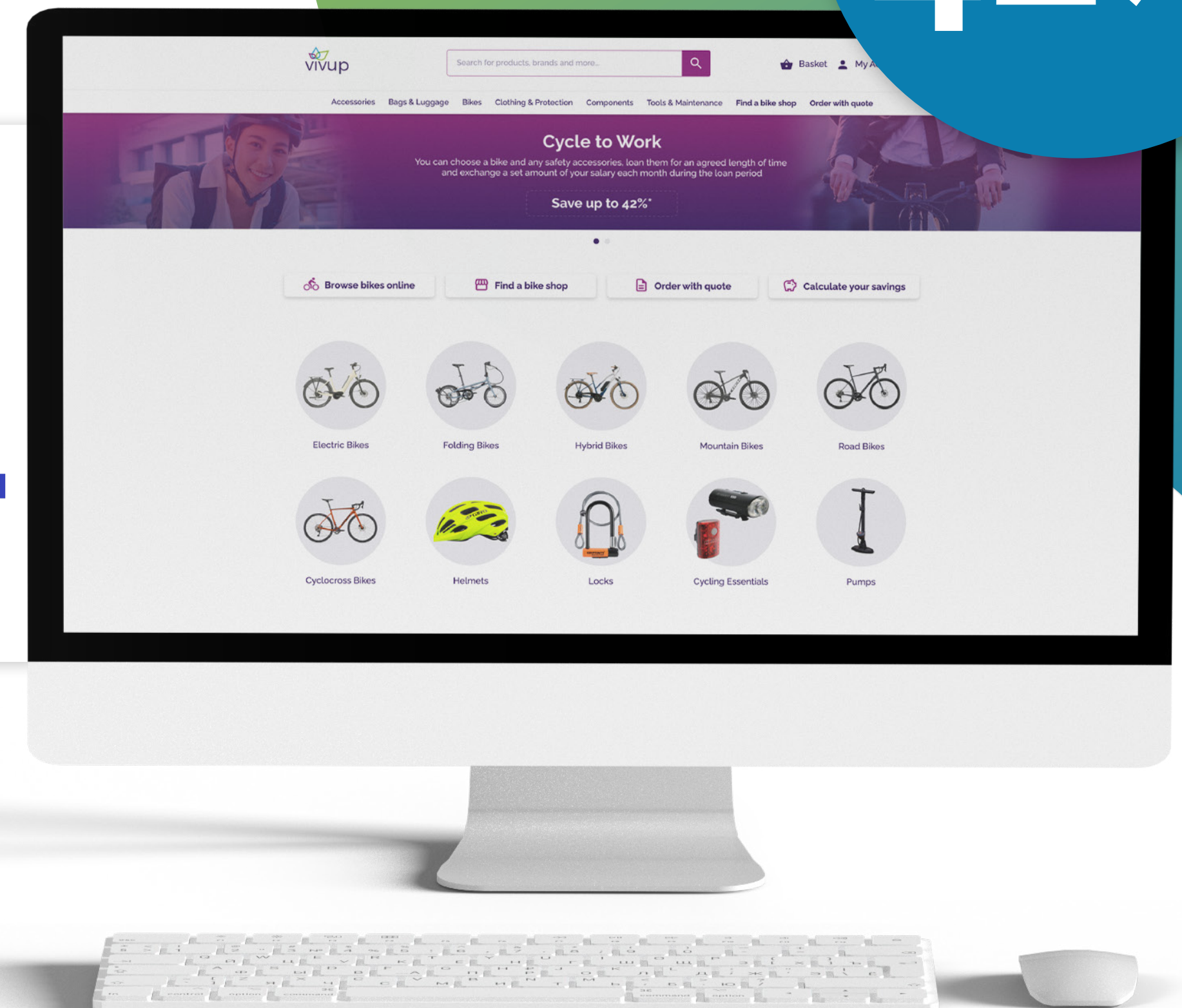
We are proud to be partnered with **Cycle Solutions**, **Evan Cycles** and **Decathlon**: the world's largest sporting goods retailer, enabling you to get your hands on leading brands for less

With **Cycle to Work**, you can help to:

- ✓ Improve your fitness, focus and productivity
- ✓ Do your bit for the planet and lower your carbon footprint
- ✓ Reduce petrol, parking and public transportation costs
- ✓ Browse a top range of tax-free bikes and safety equipment from one location

Save up to  
**42%\***

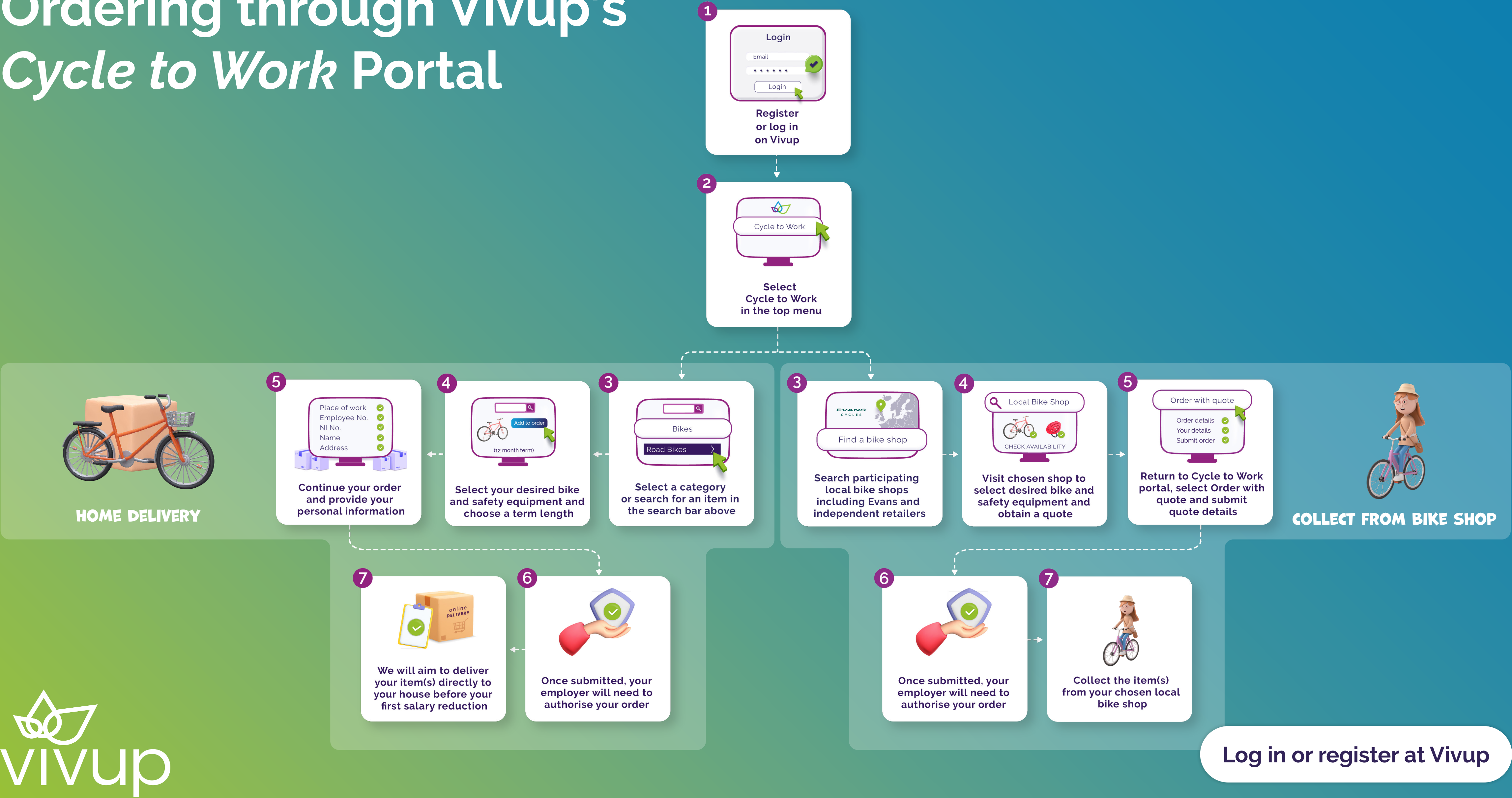
## Our Partners



Log in or register at Vivup



# Ordering through Vivup's *Cycle to Work* Portal





# Home and Electronics

Have your kitchen appliances seen better days, or are you in the mood to spruce up your space? Why not make it a little more manageable? With **Home and Electronics**, you can spread the cost straight from your salary on 1000s of incredible items fulfilled by Currys and John Lewis and Partners

Explore a wide range of items for every room of the home (and garden!), including popular brands such as Samsung, Sony, Apple, Ninja and more

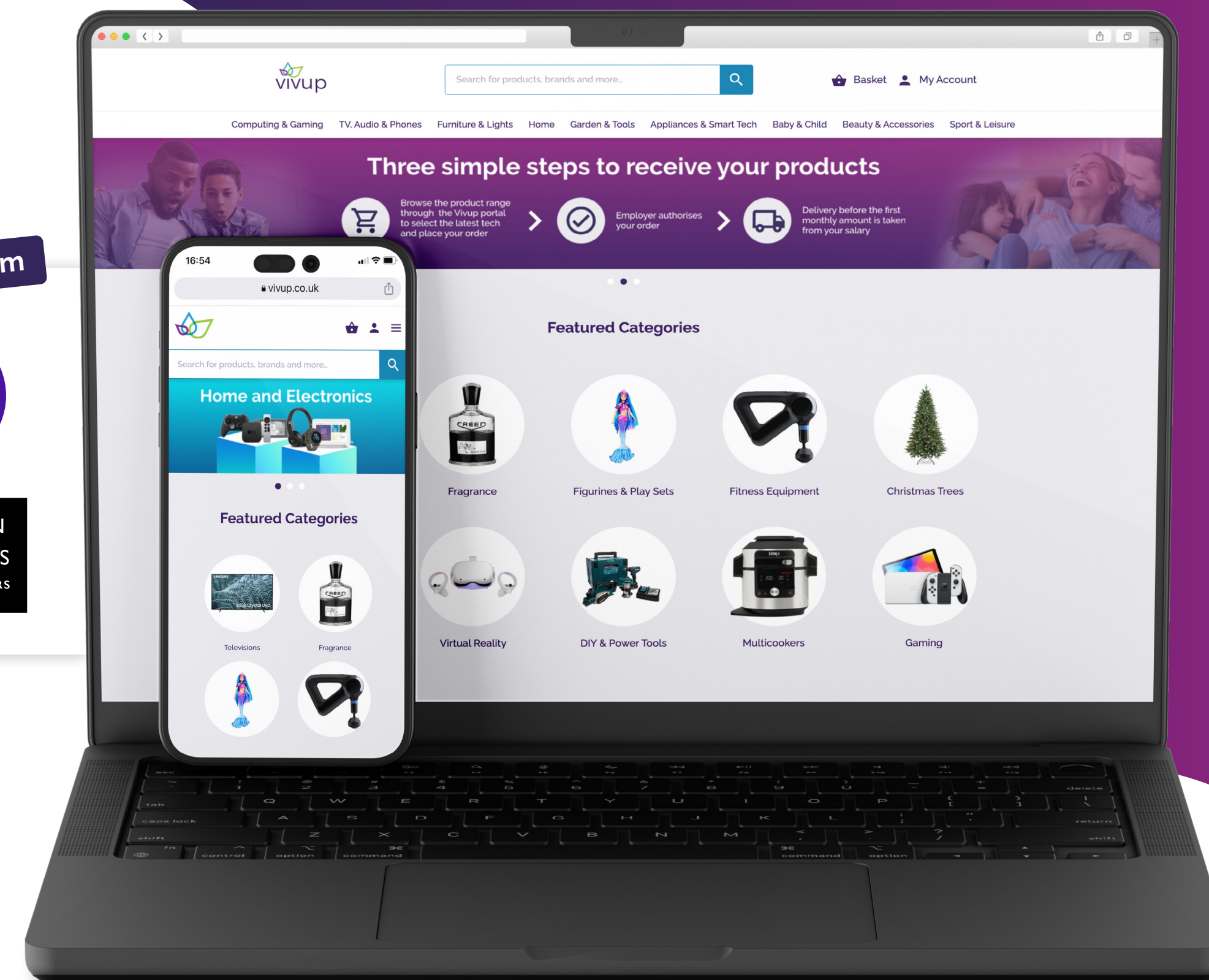
## Why choose *Home and Electronics*?

- ✓ Spread the cost of items via monthly salary deductions
- ✓ Price and stock secured at point of order for peace of mind
- ✓ Helps to avoid expensive borrowing through credit cards and high interest loans
- ✓ Fast delivery with many items delivered within 48 hours of employer approval\*
- ✓ No credit checks and no deposits

Shipped directly from

currys

JOHN  
LEWIS  
& PARTNERS

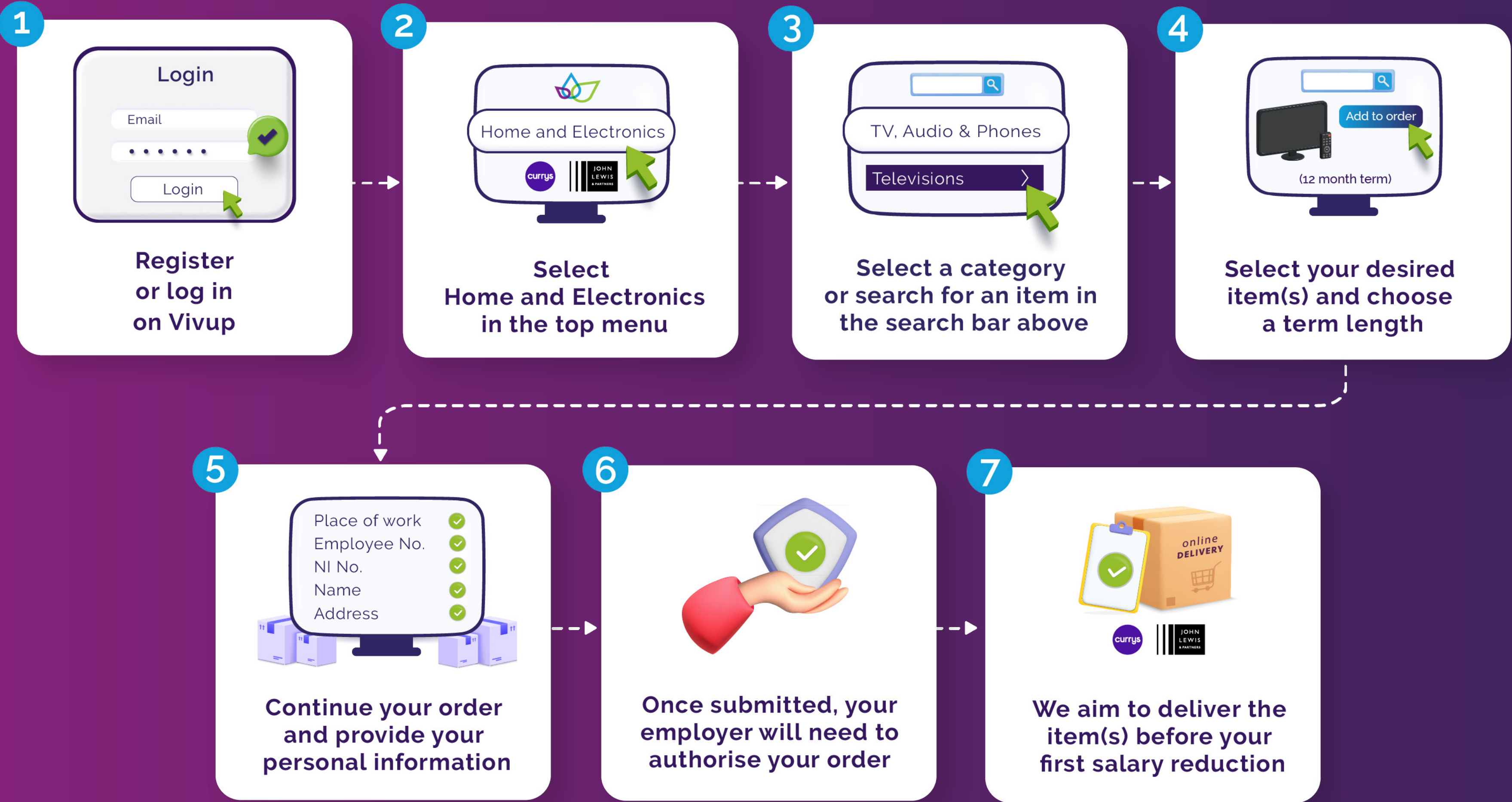


[Log in or register at Vivup](#)

\*Goods will be ordered from the supplier when your order has been authorised by your employer and are subject to availability. If the goods are either not available or your employer is not able to authorise the order, Vivup will contact you to discuss alternatives. Product images are for illustrative purposes only.



# Ordering through Vivup's *Home and Electronics* Portal



[Log in or register at Vivup](#)

\*Goods will be ordered from the supplier when your order has been authorised by your employer and are subject to availability. If the goods are either not available or your employer is not able to authorise the order, Vivup will contact you to discuss alternatives. Product images are for illustrative purposes only.



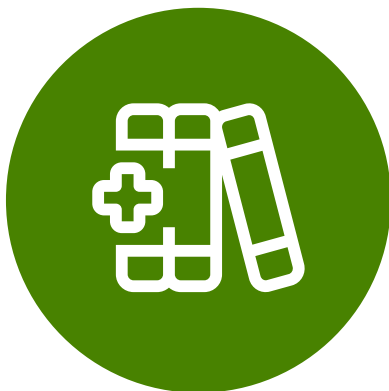
# Employee Assistance Programme (EAP)

Access confidential support when you need it most

Our **Employee Assistance Programme** (EAP) provides expert support for life's ups and downs - 24/7, 365 days a year. Whatever mental, physical, financial or personal issue you're facing, you can find a wide range of resources waiting to help



Face to Face  
Counselling



Self-Help  
Resources



24/7 365  
Helpline



Log in or register at Vivup



# Face to Face Counselling

After calling our helpline, our specialist counsellors may offer you a series of face to face counselling sessions to help support you further



# Self-Help Resources

Our self-help resources are topic-focused and filled with practical information to help support your mental wellbeing across a range of concerns



## eBooks

Downloadable self-help resources providing insight, advice and support



## Leaflets

Quick-reference guides offering advice and support in an easily digestible way



## Audio Books

A hands-free format ideal for accessing support on-the-go



[Log in or register at Vivup](#)



# 24/7 365 Telephone Helpline

Open 24/7, 365 days a year, our telephone helpline offers responsive, confidential and totally independent advice for any employee in need of mental health support

Help at any  
time, available  
**24/7**  
365 days  
a year

To access  
the service,  
simply call  
**03303 800658\***  
(or 0800 023 9324 free from any standard  
UK landline or mobile phone)



Terms and Conditions apply. \*Calls charged at local rates



[Log in or register at Vivup](#)



# Your Care



**Your Care** is a dynamic wellbeing platform offering a range of personal, emotional and financial wellbeing tools to help create a happier, healthier you!



## Resources

Numerous blogs, videos, recipes and more to provide inspiration and motivation



## Recommendations

Small sustainable lifestyle changes to support you in achieving your health goals



## Assessments & Goals

A hands-free format ideal for accessing support on-the-go



Log in or register at Vivup