

# SUMMIT

## LONDON 2024





# Lydia Hatley & Charlotte Neal

## **Fireside chat:**

The Power of Investing in Your People  
to Drive a Culture of Appreciation

**You're EPIC**

**Your Product Allowance and Discount**

*Click here to help add quality years to life with your H&B colleague allowance. You can scan the QR code in-store to access your yearly £50 colleague allowance\* and your colleague discount. \*T&Cs & service eligibility applies*

**My Wellbeing**

Discover the Wellbeing Centre; from recipes to workout videos to mindfulness advice, there is something here for everyone!

**My Discounts**

Save money with Instant Vouchers, Reloadable Cards and Cashback!

**Employee Assistance Programme**

**Health Cash Plan**

**Cycle to Work**

**Gympass**

**SmartSpending App**

**H&B & Me**



Discounts

Discount Guides

Wellbeing Centre

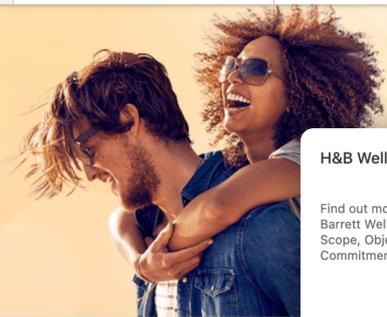
Your wellbeing matters

Cash in Your Rewards

#You'reEPIC!

## Welcome to the Wellbeing Centre

Providing education, support and tools to help you live a healthier and happier life, because your wellbeing matters!



Employee Assistance Programme

We all face challenges in life that can result in worry, frustration and distress. Let us help!

Free confidential counselling and advice on a wide range of issues.

[Learn more](#)



Quick Health Fact

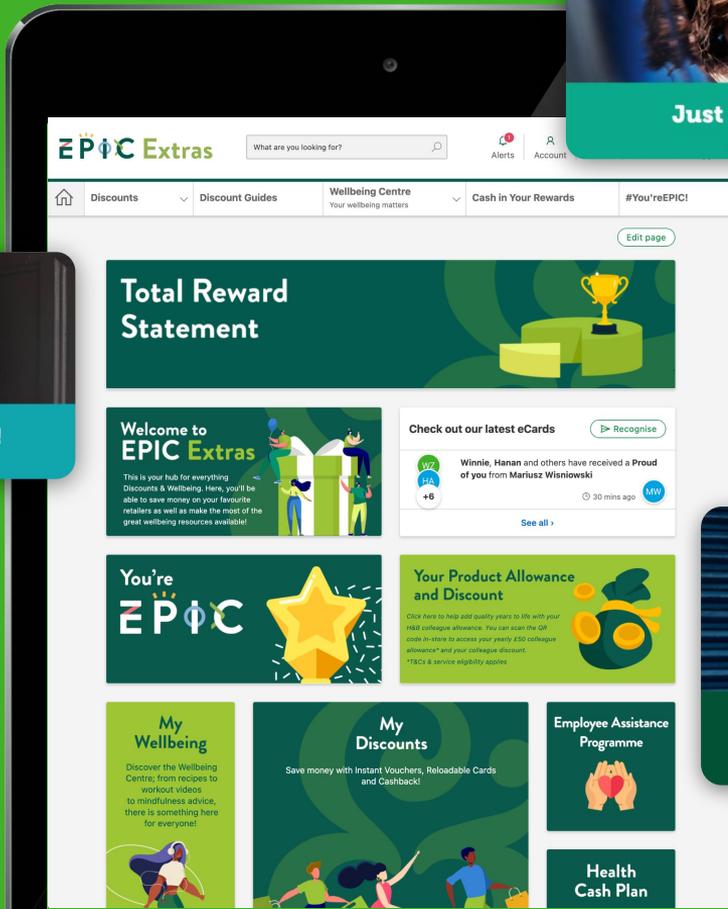
*Walking outside, or spending time in green space, can reduce negative thoughts and boost self-esteem.*

H&B Wellbeing Policy

Find out more about the Holland & Barrett Wellbeing Policy and our Scope, Objectives and Commitment to you.

[Learn more](#)







H&B



Lydia Hatley & Charlotte Neal



Find us on social!