

05 April 2019

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Our Ref: FOI/03236

Thank you for your request concerning the use of mobile applications to support employee mental/emotional health and wellbeing.

Your request has been considered and processed in accordance with the requirements of the Freedom of Information (FOI) Act 2000.

**1. Does your organisation offer any digital apps as a resource for staff to support their mental/emotional health and wellbeing? (e.g. Big White Wall, My Possible Self, Thrive)**

**Apps may provide advice and guidance to support wellbeing, diary entries or an interactive self-help programme etc. to support the reduction of stress, anxiety and/or depression.**

As an organisation we do not offer any digital health apps. We do offer a Health Hub which helps improve staff health and wellbeing across the Trust – encouraging staff to step away from their work and think about their own health. This includes

- Workshops, challenges and social events throughout the year
- Confidential and safe forums where staff can talk about the emotional impact of their work
- A equality and diversity staff network providing support to all staff
- Mindfulness bite size taster sessions
- Mini health checks
- Free, confidential counselling services 24/7
- Reduced gym rates at a number of local health clubs/gyms
- PAM life: our online personal health management resource which allows staff to set goals, track progress and develop specific, tailored programmes
- A quarterly staff magazine where staff can share stories and inspire others.

**2. If yes to Q1 please provide the following information for each app used by the organisation**

- Name of third-party supplier(s)**
- Who is responsible for the payment of the app (i.e. employee or employer)**
- What is the annual price paid for the app in 17/18?**
- Contract start date & end date**
- What date did the app go live in the organisation?**
- Did the organisation use a framework to procure the service? If so, please state the framework used**
- Please list all external systems the app integrates with (e.g. EAP providers, GP referrals)**
- Does the app include any form of financial wellbeing support? (e.g. advice and/or helplines)**



- i. **Through the utilisation of the app, has your organisation seen any quantifiable benefits? Please provide detail on the benefits achieved (e.g. an increase in employee productivity, increase in staff retention, reduction in staff sickness absence or a reduction in occupational health referrals)**

Not applicable.

3. **For each supplier listed in Q2, please indicate the number of employees registered on the app, split by the following staffing groups:**

**Name of Supplier:**

**Nursing & HCA's:**

**Medical:**

**Allied Health Professional/ Scientific, Therapeutic and Technical (AHP/STT):**

**Non-medical Non-clinical (NMNC):**

**Total:**

No applicable.

Should you require further clarification, please do not hesitate to contact me.

Please find enclosed an information sheet regarding copyright protection and the Trust's complaints procedure in the event that you are not satisfied with the response.

Yours sincerely

*Sue Smith*

**Sue Smith  
Information Rights Officer**

Enc: Copyright Protection and Complaints Procedure Information Leaflet.

If you would like to complete a short survey in relation to your Freedom of Information request please scan the QR code below or click [here](#).

