



Legal & General Group Protection launches Wellbeing Advisory Board

Insurer brings together cross-sector wellbeing experts to provide simple, accessible and practical health and wellbeing guidance, with Post-COVID-19 syndrome first area of focus¹

Legal & General Group Protection today announces the formation of its new Wellbeing Advisory Board; a body of experts across a range of clinical, occupational, vocational rehabilitation and business consulting fields.

The team of experts will work together to share cross-sector insights and will seek to help companies navigate through the increasingly complex healthcare landscape impacting their employees, in terms of the myriad of crossovers between the mental, physical, social and financial aspects of health and wellbeing. A guiding principle for the Board is the concept that work and health are inextricably linked, and in particular that “good” work impacts our overall wellbeing and should not be seen as a barrier to recovery.

The Board will initially focus on Post-COVID-19 syndrome; the terminology now being used by the National Institute for Health and Care Excellence (NICE) for Long-Covid symptoms that extend beyond 12 weeks.

An estimated 1.8 million people in the UK (83% of all those who were experiencing self-reported Post COVID-19 symptoms) had symptoms for at least 12 weeks after the first suspected COVID-19 infection, according to the latest data.²

The insurer says that the Board aims to provide accessible, simple and practical information including signposting, summaries and lived experience examples across the priority health and wellbeing issues of today. It aims to bring forward the positive role of work and working. For example, with long-term conditions there might be a tendency to focus on the medical condition, rather than the ability of the individual to engage in productive work.

As well as clinical, governance and general practitioner experts from Legal & General, the Board members include:

- Louise Aston, Wellbeing Campaign Director, Business in the Community (BITC)
- Debra Clark, Head of Specialist Consulting, Towergate
- Laura Matthews, Senior Wellbeing Consultant, Barnett Waddingham
- Antony Brown, President, Onebright
- Beverly Knops, Executive Manager, Vitality360
- Mike Tyler, Co-founder, Fruitful Insights
- Dr Julie Denning, Managing Director, Working To Wellbeing
- David Newman, Director, Form Health
- Lawrence Cramer, People & Culture Director, Inspired Villages

The Wellbeing Advisory Board says that their information and guidance will be aligned and integrated with relevant government initiatives, such as the NICE COVID-19 guidelines and the government’s - and group risk industry’s - response to the ‘Health is everyone’s business’ consultation.^{3, 4}

“There’s a lot of information out there about Post COVID-19 but also, arguably, a lot of confusion. Our goal is to cut through the complexity and make it easier for HR teams and anyone involved in sickness

and absence management to understand the key principles of any issue or challenge and know where to go and what to do to take positive action to address it.

“What COVID-19 has done is put the challenges of health and wellbeing into sharp focus – for employers and employees. Through the work of the Wellbeing Advisory Board – an amazing team of specialists – we hope to tackle the challenges, evolving thinking to ensure that good work is therapeutic and viewed positively by intermediaries, employers and beyond; in short, establishing a wellbeing framework for today’s workplace.”

Vanessa Sallows, Claims & Governance Director, Legal & General Group Protection

Get #winter-ready – managing the impacts of Post-COVID on businesses: Register for webinar

Legal & General Group Protection is hosting a webinar with some of its Wellbeing Advisory Board members on 7 December, 2pm – 3pm, entitled ‘Get #winter-ready – managing the impacts of Post-COVID on businesses’.

For more information and to register, please click here:

https://www.brighttalk.com/webcast/18451/565295?utm_source=LegalGeneralGroupProtection&utm_medium=brighttalk&utm_campaign=565295

Notes to editors

¹ **Post-COVID-19 syndrome** is defined as signs and symptoms of infection consistent with COVID-19 lasting longer than 12 weeks.

Long COVID is defined as signs and symptoms that continue or develop after acute COVID-19. It includes both ongoing symptomatic COVID-19 (from 4 – 12 weeks) and post-COVID-19 syndrome (12 weeks or more).

² Office for National Statistics, Prevalence of ongoing symptoms following coronavirus (COVID-19) infection in the UK: 3 Nov 2022

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/prevalenceofongoingsymptomsfollowingcoronaviruscovid19infectionintheuk/3november2022>

³ NICE, COVID-19 rapid guideline: managing the long-term effects of COVID-19, March 2022

<https://www.nice.org.uk/guidance/ng188/resources/covid19-rapid-guideline-managing-the-longterm-effects-of-covid19-pdf-51035515742>

⁴ Department for Work & Pensions and Department of Health & Social Care, Government response: Health is everyone's business <https://www.gov.uk/government/consultations/health-is-everyones-business-proposals-to-reduce-ill-health-related-job-loss/outcome/government-response-health-is-everyones-business#fnref:15>

About Legal & General

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* at 31 December 2021

About Legal & General Retail

As of 1st January 2022, Legal & General Retail Retirement and Legal & General Insurance (our two retail businesses) have been combined into one division, Legal & General Retail, to enable us to better serve the needs of our retail customers.

Legal & General Retail helps protect the lives and futures of our customers; the division covers the savings, protection and retirement needs of our c12 million retail policyholders and workplace members. In 2021, we wrote £957 million of annuity premiums, and issued £848 million of Lifetime Mortgages and Retirement Interest Only Mortgages. Our Workplace pension platform served 4.4 million members, while in the UK we paid out a total of £1,133.8 million in insurance claims.

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