

Digital assets for an employer

Blog

Introducing Fit for Work

We are pleased to support the [Fit for Work](#) advice and assessment service, which helps people who are in work with health conditions, and those who are off sick.

Some benefits of **Fit for Work** include:

- helping employers to better manage sickness absence;
- complementing the service that GPs provide to their patients who are off sick from work;
- supporting employees at work, and if they're off sick, in a way that's right for them.

Fit for Work has two key elements:

- Free, expert and impartial work-related health advice via a website (www.fitforwork.org) and a telephone helpline that's available to all, including employers, employees and GPs.
- Voluntary referral to an occupational health professional for employees who have been off sick, or who are likely to be off sick, for four weeks or more.

Now that the Fit for Work employer referral service is available to employers, we will be pleased to make referrals for those of our employees who wish to be referred.

The Fit for Work website offers professional and impartial advice delivered by occupational health specialists in the form of guides on the Fit for Work **advice hub, online chat** with specialist advisors, and the option to **email a question** on work-related health topics. Alternatively, there's a free advice line on **0800 032 6235** (English) or **0800 032 6233** (Cymraeg). And to follow the news about Fit for Work on social media, view the Fit for Work social media profiles: [Twitter](#), [Facebook](#), [LinkedIn](#) or [Google+](#).

Pre-formed tweets

- > #FitforWork offers free, expert and impartial advice to all | @FitforWork www.fitforwork.org
- > Fit for Work helps you to better understand and manage #sicknessabsence within your business | @FitforWork <http://bit.ly/184U5S1>
- > #FitforWork will produce a practical step-by-step Return to Work Plan tailored to your employees' needs: <http://bit.ly/184U5S1>
- > Fit for Work is here to help you manage the impact sickness absence can have on your business | @FitforWork <http://bit.ly/1wu4cf2>
- > Employers & employees can browse the @FitforWork advice library on a variety of different #healthandwork topics <http://bit.ly/1BKCPH0>