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# MAXIS GBN LOCAL NETWORK MEMBER WELLNESS CAPABILITIES 2025/2026



Our network of local insurance partners offer solutions that help you improve employee health and reap the rewards of a positive, productive workforce

We work with local member insurers to provide wellness solutions designed to help your employee thrive in more than 100 markets globally. Our local member insurers work closely with your local human resources teams to consider and drive practical health and wellness programmes, targeting specific health cost drivers.

We understand that physical, mental and social health determinants can all impact your employees and their productivity. To help keep your employees happy, healthy and productive, you need solutions tailored to their needs. At MAXIS GBN, we devise wellness solutions aimed at tackling these three pillars of wellness.





#### Delivering wellness locally

Our network of local insurers can help you deliver wellness solutions to your people. Their solutions address the full spectrum of health and wellness needs through one or more of these three determinants. Of course, there can be crossover between each of these pillars and they often impact each other, for example physical health can impact mental and social health.

#### Physical health determinants

Physical determinants of health cover how well the body functions from illness to fitness. Physical health is maintained by getting the right quality and quantity of sleep, eating a nutritious diet, moving regularly, limiting alcohol consumption and avoiding smoking and drug use. Looking after physical health also means reducing the risk of injury or illness, such as using contraception to prevent sexually transmitted infection or a helmet to prevent head injury, practising good hygiene, and minimising your exposure to hazards.

#### Mental health determinants

Mental health is a "state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."<sup>1</sup> Mental health isn't just the absence of mental illness such as depression or anxiety, it's how we think, feel and act. There are ways to maintain mental wellbeing and build resilience to cope with life's unexpected challenges. These include regular physical activity, good sleep, creating strong connections, drinking sensibly and limiting other drugs, eating well, making time to do things you enjoy, being open and honest about how one is feeling, and seeking help when needed.

#### Social health determinants

Social health is based on our ability to form and maintain strong, meaningful relationships with others and is critical for people to live a long, happy life. Dimensions of social health also include inclusion and participation in society, wellfunctioning social networks, and expression of sexuality, and can be influenced by things like unemployment, injury, illness, accessibility and major life changes.

The tables in this brochure show the wellness capabilities of our network partners in their local market. The table is split by each of these determinants so you know exactly the support each of our members can provide.

If you would like more information about the global wellness services we can provide, please visit <u>maxis-gbn.com/health-wellness.</u>





#### Factors that determine physical health include:

- lifestyle and behaviours
- physical activity
- nutrition
- genetics
- ageing
- presence/absence of disease
- work environment
- ergonomics
- quality of healthcare
- access to wellness resources.

#### These services/solutions can help tackle physical health issues:

- telemedicine platforms
- home-based exercise and musculoskeletal (MSK) programmes
- family building or reproductive health
- health risk assessments (HRA)
- chronic disease management
- second medical opinion
- disability management platform.

#### Factors that determine mental health include:

- workplace dynamics
- company ethos and culture around mental health
- changing behaviours
- stress and time management
- financial wellbeing
- affordability of healthcare
- access to mental health resources

#### These services/solutions can help tackle physical health issues:

- telemedicine platforms
- mental health helpline and counselling
- home-based exercise and MSK programmes
- HRAs
- access to financial coaches and legal advisors.

#### Factors that determine social health include:

- diversity and inclusion
- social integratior
- community engagement
- family/community dynamics
- family assistive services
- flexible work schedule/hybrid work model.

#### These services/solutions can help tackle physical health issues:

- mental health helpline and counselling
- chronic disease management solution
- access to financial coaches and legal advisors.



		Algeria*	Australia	Austria	Bahrain*	Bangladesh*	Belgium*	Brazil	Bulgaria*	Canada
	Local insurance company:	AXA Algeria		UNIQA Austria		MetLife Bangladesh	AXA Belgium	Metlife Brasil	Metlife Bulgaria	Desjardins
Physical	Wellness newsletters, flyers, information packs, video campaigns, webinars									
health	Health risk assessment (HRA) surveys							•		
	On-site vaccination campaigns									
	Health fairs or health days									
	Telemedicine									
	Prescription drug home delivery programme							•		
	Cancer prevention initiatives									
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	Worksite ergonomic training programmes									
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	Partnership with chronic disease management vendor to offer programmes that assist employees with lifestyle-related disease		•		•		•			
	Family-building or reproductive health services (separate from medical plan)									
	Nutrition programmes									
	A disability (long term/short term) wellness programme									
Mental health	EAP or mental health service provider who provides psychological/psychiatric counselling and assistance as a part of wellness offering (separate from medical plan)		•	•	•		•	•		•
	Web/app based mental health services									
	Financial wellness services									
Social health	Opportunities for home care visits by nurses/physicians Any supplementary coverage opportunities or programmes that incorporate diversity, equity and inclusion (DE&I)							•		

\* Data accurate as of our 2023 local capabilities brochure



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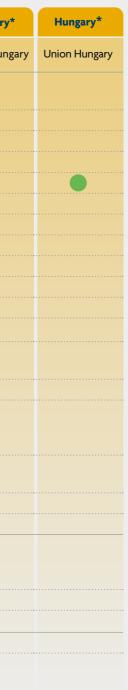
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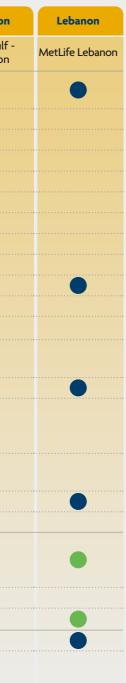


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	Local insurance company:	PNB MetLife India	Astra Life	Aviva Life	AXA Assicurazioni	Sagicor Life Jamaica	MetLife Japan	MetLife Jordan	MetLife Kuwait	AXA Gulf - Lebanon
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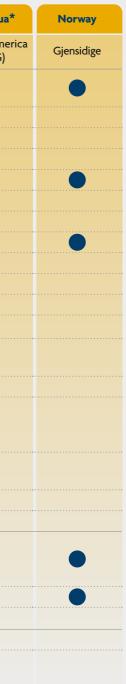


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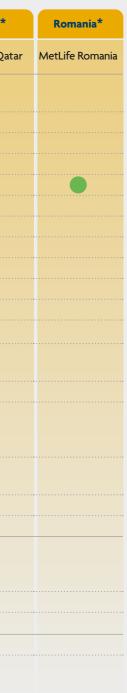


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Local insurance company:		Gulf Insurance Group Saudi	AXA Senegal	Tokio Marine Life Insurance Singapore	Capital Alliance / Liberty Group	AXA Spain	MetLife Spain	AXA Switzerland	Nan Shan Life	Tokio Marine Life Thailand	Comar
Physical health	Wellness newsletters, flyers, information packs, video campaigns, webinars										
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	Local insurance company:	AXA Turkey	MetLife Turkey	ARX	MetLife UAE	MetLife UK	AXA Health	AVIVA UK
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To learn more about how our global health and wellness capabilities can address the health issues affecting your employees, contact your MAXIS representative today or send an enquiry via maxis-gbn.com. We're here to help make your employees healthier and more productive.

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