

Improve My Health



Driver Health & Performance Programme

*Doctor-led support for healthier drivers, safer roads
and stronger business performance*

A healthier workforce saves you money

Driver Wellbeing That Reduces Risk, Cuts Costs, and Improves Performance

Doctor-led support for a safer, healthier, more productive workforce.

The Issue

Sickness absence, fatigue, and poor health are **operational and safety risks**.

- UK sickness absence is at a 15-year high
- Employers lose ~£120 per employee per day due to absence
- Transport workers consistently show above-average absence rates

For professional drivers, the stakes are even higher

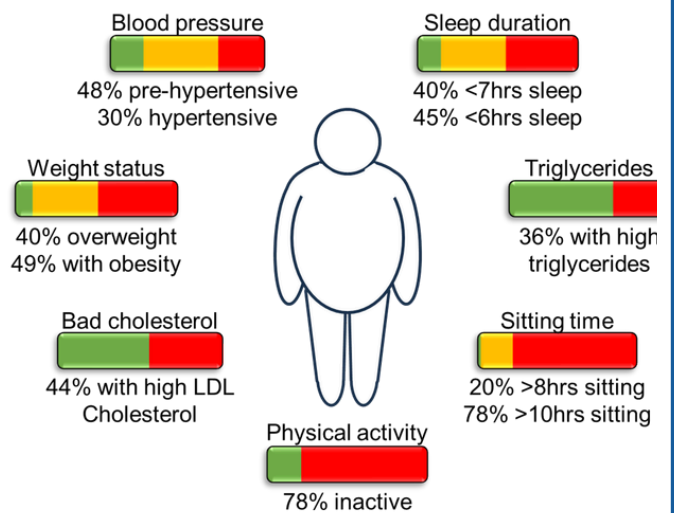
- Driver health directly affects reaction time, attention, and decision-making
- Most road incidents are caused by human factors—not vehicles

The Reality

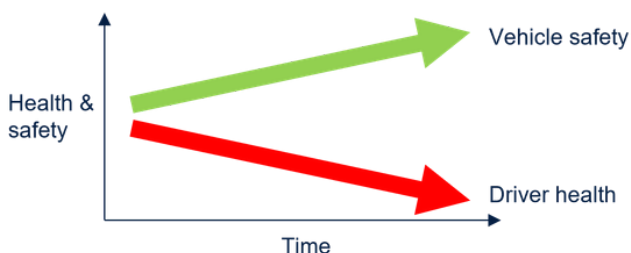
Drivers are one of the highest-risk occupational groups for poor health globally

Common issues include:

- Fatigue and sleep disorders
- Stress and mental health problems
- Musculoskeletal pain
- Poor nutrition and hydration



Based on data collected from 382 HGV drivers, 99% male, average age 48 years



Vehicles have been made much safer over recent years whereas driver health has got worse.

'Vehicles don't crash... People do'

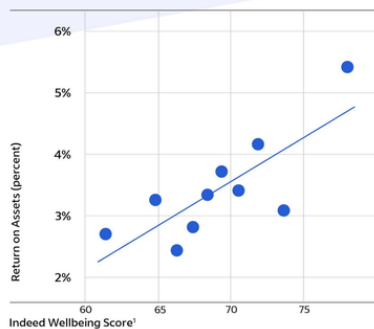
To quote Driving for Better Business

Why it Matters

Investing in driver health and wellbeing is not a “nice to have” – it is **core business risk management**.

There is a clear financial case ~£4 return for every £1 invested in workplace wellbeing

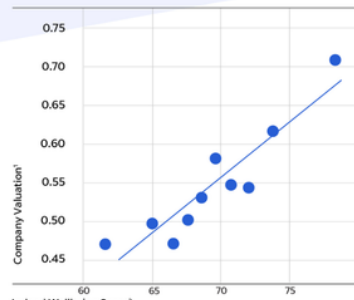
ROA vs. Wellbeing



¹A combination of happiness, satisfaction, purpose, and stress

Source: Indeed

Company Valuation vs. Wellbeing

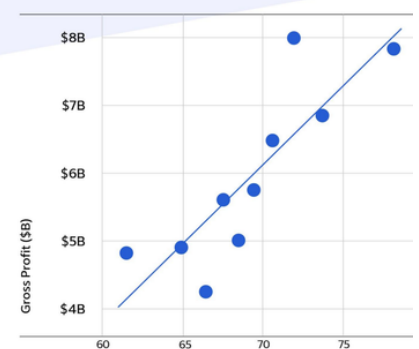


¹Market value of a company divided by the replacement cost of its assets

²A combination of happiness, satisfaction, purpose, and stress

Source: Indeed

Profits vs. Wellbeing



The Opportunity

Investing in driver health delivers

- immediate safety benefits
- measurable business outcomes
- long-term health improvements

Healthy drivers = safer roads + better business outcomes

What Makes Improve My Health Different

A Shift in Approach: From Behaviour to Cause

Most programmes focus on **behaviour**
We focus on what **drives** behaviour

Because:

- Tired drivers take more risks
- Stressed drivers lose focus
- Poor health reduces performance

You cannot train your way out of a health problem

Improve My Health sessions are designed to create real, lasting change, not just raise awareness.

Improve My Health Model

Understand → Engage → Deliver → Support → Evaluate

We deliver

- GP-led clinical interventions (not just wellbeing content)
- Targeted support for high-risk individuals
- Group clinics to drive engagement and culture change
- Ongoing follow-up to sustain change

What Improve My health Results Look Like

Our published data shows

- 76% of drivers make health changes
- 84% sustain changes at 9 months

More than **double** typical behaviour change success rates

We also see:

- Increased engagement
- Reduced presenteeism
- Strong demand for continued support

Packages

Example:

12-month Driver Wellbeing Programme

For a workforce of ~1000 employees, high intensity support for 200 drivers

Each month includes:

- Drop-in sessions
- Group clinic (12 drivers, 2-hour clinical session)
- 1:1 clinical appointments (8 x30 minute appointments every 8 weeks)
- Personalised action plans at every appointment
- Behavioural follow-up (text/email/WhatsApp)
- Workforce-wide health content
- Manager engagement & quarterly reporting

Investment: £2,500/month + VAT

Why this works

- Targets those at highest risk
- Builds trust through continuity
- Fits around operations
- Delivers measurable outcomes



Flexible Options

We understand that organisations may want to start small before committing to a comprehensive programme.

We offer standalone and short-term interventions designed to deliver immediate impact while allowing you to experience our approach.

High-Intensity Clinical Support

- Package of 8 individual 30-minute wellbeing appointments £800
- One-off group clinic (up to 12 attendees, 2-hour clinical session) £650
- Series of 8 group clinics (up to 12 attendees per cohort, each 2 hours) £5,000

The programme includes introduction & goal setting and a session focussing on social connections & healthy relationships, stress management & mental wellbeing, healthy eating, movement, sleep and minimising risky substances & behaviours. Followed by a closing session for reviewing, consolidation & next steps

Talks & Workshops (Wider Workforce Engagement)

Alongside targeted clinical support, we deliver engaging, evidence-based talks and workshops for larger groups.

- 45-60 minute talk £750 - £1,500
- Half-day workshop £1,500 - £5,000
- Full-day workshop £4,000 - £7,500

All sessions are GP-led, practical, and tailored to your workforce.

Pricing excludes VAT and travel expenses where applicable

Who We Are

Dr Sue Law & the IMH Clinical Team

All sessions are delivered by qualified medical professionals with experience supporting safety critical workers.

About Dr Sue

GP | Occupational Health | Lifestyle Medicine

- 20 years as a GP (inner-city, high-need populations)
- 10+ years working with professional drivers
- Founder, Improve My Health

Dr Sue combines clinical expertise with practical, real-world delivery. Her style is warm and engaging. Her approach is simple: build trust, focus on what matters most to the individual, and support small, sustainable changes that improve health, happiness and performance.



Why Improve My Health

- Clinically led (not generic wellbeing)
- Proven with professional drivers
- Focused on measurable outcomes
- Designed for real operational environments

We don't just raise awareness, we change behaviour, improve health, reduce risk and improve performance

Testimonials

"Improve My Health interventions were by far the best in the country" Professor Stacy Clemes, a leading expert on driver wellbeing, in a review of UK health and wellbeing interventions for drivers commissioned by Transport for London.

"Dr Sue is refreshing and unique" Richard Stevens, MD Go Southwest

"Honestly, I was sceptical initially.... Dr Sue was authoritative and I was impressed by the medical evidence she presented.... I enjoyed our brief discussions and would have liked to discuss things further if we had had more time" Phil, Doctor & Director Cotswolds Medicals Limited

"very proactive and particularly liked the action plan" Rob, Bus driver

"Dr Sue solved my problem" Frank, Bus Driver

"Very friendly and helpful, felt at ease" Sharon, Bus Driver

"A big thank you for the opportunity to be part of the group. I have been thinking nonstop about our day and passing on what I learned from you guys. I have already changed what I am drinking, found a hobby to get me motivated to be more productive during my workdays. I would like to meet again to discuss a few health matters related to my work." Dave, Bus Driver

"I have Never felt better and it is all down to Dr Sue" Mat, IT consultant & Web Designer

"My sleep has dramatically improved.... Movement is now built into my day rather than a new activity or fitness programme so is achievable" Buffy, Business Owner

"Humour kept it engaging... loved the busy person's insight into how to fit lifestyle changes into daily life" Netta, RAF Executive Officer

How to Get Started

Using our services is simple
Email us at hello@imhealth.co.uk
We will then discuss your needs, challenges, and budget
We will design a bespoke package for your workforce
We will deliver targeted interventions that reduce sickness and improve safety

