

20th September 2019

TO whom it may concern

RE: REFERENCE LETTER- ESGRAY WELLNESS PROGRAM

This is to confirm that Esgray has been our consultant on Employee Wellness and thrive programme. We have worked with Esgray company for the last 3 years. Some of the programme attributes they have been involved in include;

1. Comprehensive Mental Health program which includes:
 - Psychosocial support program with a 24hr Toll free psychosocial support service, face to face counselling, marital/ family therapy services
 - Mental Health awareness and advocacy program on contemporary issues
 - Peer counselling program- first aid psychological preparedness among employees
 - Mental health assessment and screening amongst employees
2. Culture & Care – Helping in formulating wellness policies that will enable our staff engrain a wellness culture
3. Health Risk Assessment and clinical coaching/ follow up of employees with identified health risks for mitigation and rehabilitation purposes
4. Health awareness and advocacy to include contemporary issues affecting employees
5. Management/supervisor coaching and support on psychosocial issues affecting self and employees
6. Physical and nutritional well-being of employees at the work place
7. Ergonomics and Occupational Safety and Health for both employees and the work environment
8. Capacity building on health, well-being and related health issues- wellness ambassadors

I am happy to recommend Esgray company ltd to any organization looking to drive and engage in a wellness programme that is multi-faceted and objective based.

Yours Sincerely

Janet Muddah
Health, Safety & Wellbeing Manager



When we come together, **great things happen.**