

Men's health support your workforce might actually use.

Private, practical support for weight, energy, sleep, fitness and confidence. Funded by the employer. Chosen by the employee.



A focused first pilot

12 weeks / 50-150 eligible employees / Voluntary participation

My Timber is free for individuals. Employers fund a structured workplace programme, with optional home blood testing proposed through a clinical testing provider.

Their own starting point

A Health MOT - a lifestyle questionnaire and goal setting, not a test or a medical examination. Optional weight, waist and wellbeing tracking. Any blood testing is separate and handled by the clinical provider.

Food, movement and wellbeing

SHIFT Grub, SHIFT Fit and practical sleep, energy, stress and confidence pathways.

Support that stays connected

Good to Talk information and signposting, plus continuity before, during and after a person's own treatment journey.

A useful employer review

Engagement, completion and selected group wellbeing changes, only where reporting is safe. No identifiable employee health data.

Prove it together. Then decide.

Seeking three design partners. A defined cohort, a business contact and structured feedback. No staff health records or compulsory enrolment.

Pilot **A scoped fixed programme fee**
Agreed deliverables, dates and support limits.

Tests **Optional employer-funded testing**
Clinical home test with a doctor's report; provider agreement required.

Terms **Packages quoted individually**
Testing allowance, billing trigger and any minimum agreed in writing.

No testing service is live yet. Employees may decline testing and still join the programme. Testing is invoiced in aggregate at agreed intervals - never per individual, team or site. Quotes explain unused-kit terms and applicable taxes. No automatic renewal; free My Timber accounts can continue.

WEEKS 1-2

Find a baseline

Private registration, a personal goal and clear launch communication.

WEEKS 3-10

Build a rhythm

Short actions, private self-check-ins and a weekly review you work through yourself. Support limits agreed in writing.

WEEKS 11-12

Review the pilot

Repeat chosen measures, employee feedback and a safe group report.

You fund the programme. Their health stays theirs.

Employer reports exclude named participation and testing activity, individual answers, health results, treatment, messages and progress. Small or revealing groups are withheld; some pilots may yield no safe health report.

Billing arrangements must also prevent identification from small-cohort uptake, amounts or timing.

Before employee access: privacy assessment, contracts, security checks and support arrangements must be complete. It complements occupational health and EAP services; it is not a crisis service. This is not health surveillance and does not discharge any statutory health or safety obligation. Optional tests require a provider agreement and separate employer funding; devices and treatment are not included. No medical or absence-reduction outcome is promised.

Discuss a founding pilot: partners@shiftsometimber.co.uk