

Occupational Health Service

Supporting workforce wellbeing, capability and safe performance through professional health expertise

The **Occupational Health Service** offered through Life & Progress in partnership with **Valentine OH** is a structured health support framework that helps organisations manage employee wellbeing, fitness for work, absence recovery and workplace health risk.

Grounded in clinical expertise and practical workplace insight, the service supports informed decisions that protect people, reduce risk and enhance organisational resilience.

What it is

This service provides access to qualified occupational health professionals who assess, advise and support individuals and organisations on work-related health matters. It blends clinical evaluation with operational relevance — helping organisations understand the interaction between health and work

performance, make fair and reasonable adjustments, and build evidence-based absence and rehabilitation plans.

Delivered in partnership with Valentine OH, the service focuses on timely, relevant health support that aligns with business needs while retaining sensitivity to individual circumstances.



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Core features

- **Health assessments:** structured occupational health evaluations to inform workplace decisions.
- **Return-to-work support:** rehabilitation planning and phased return guidance.
- **Absence management insight:** medical context that supports absence handling and future planning.
- **Surveillance and risk monitoring:** where applicable, screening and monitoring for health risks linked to specific workplace exposures.
- **Reasonable adjustment advice:** clinical recommendations that help make evidence-informed workplace adjustments.
- **Reporting and consultation:** clear, concise documentation to support organisational processes.

Who it supports

Occupational Health is suitable for organisations of all sizes and sectors that need professional health input for:

- fitness-for-work decisions
- absence management and return-to-work planning
- workplace health surveillance
- risk assessments related to employee health
- supporting reasonable adjustments and compliance with legislation

The service supports employees (and, where applicable under service scope, contracted workers) by offering clear health assessments and practical guidance, with confidentiality and professionalism at the centre of every engagement.

How it works

When occupational health input is required, the organisation refers an employee through a secure referral process. Valentine OH clinicians review the referral context, conduct assessments (remotely or in person as appropriate), and provide written advice that helps guide organisational actions. Focus is on clarity, timeliness and relevance — ensuring health recommendations are practical and supportive of both the individual and organisational objectives.

Why it matters

Workplace health intersects with productivity, safety, legal compliance and employee experience. Professional occupational health support helps organisations make sound decisions about work capability, understand health-related influences on performance and build plans that protect people and performance. By integrating clinical insight into absence, return-to-work and health risk decisions, organisations can reduce uncertainty, strengthen duty-of-care and foster an environment where health considerations are treated with both competence and compassion.

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