



Have you got an ache or a pain that is affecting your wellbeing or your ability to do your job?

Vita Health Group is the new name for RehabWorks; your trusted physio provider.

- Free, self referral physiotherapy service
- Guidance and support from a physiotherapist – virtually via video link
- Physiotherapy treatment including home exercises where clinically appropriate
- You don't need to see your GP first – simply self-refer using the number below
- Your condition does not have to be work related
- You don't need to be absent to access the service
- Some cases may be seen face to face after August 1st

To access rapid support, or for further information call: 0800 0833324 (option 5)