

THYME

The science of living well

Healthspan

/ˈhɛlθspan/

Definition (noun): The portion of a person's life spent in good health.

“Thyme’s premium healthcare services are designed to enhance your Healthspan, by combining the latest in preventative and lifestyle medicine with private GP services”



Introduction

82%

Of employees would be more likely
to stay with their company if it
better supported their well-being

(Deloitte, 2023)

1 in 2

Employees would prefer physical &
mental well-being support to
office-based benefits

(Perkbox, 2023)

70%

Of senior employees are seriously
considering quitting for a job that
better supports their well-being.

(Deloitte, 2023)

Context

Health-savvy leadership

Today's workforce desires more than
just a health promotion program or a
wellness stipend.

Ambition

Chart a new path for well- being at work

Well-being is the foundation of sustainable high performance—not a reward for it.



Rationale

Healthier, more engaged, more productive team

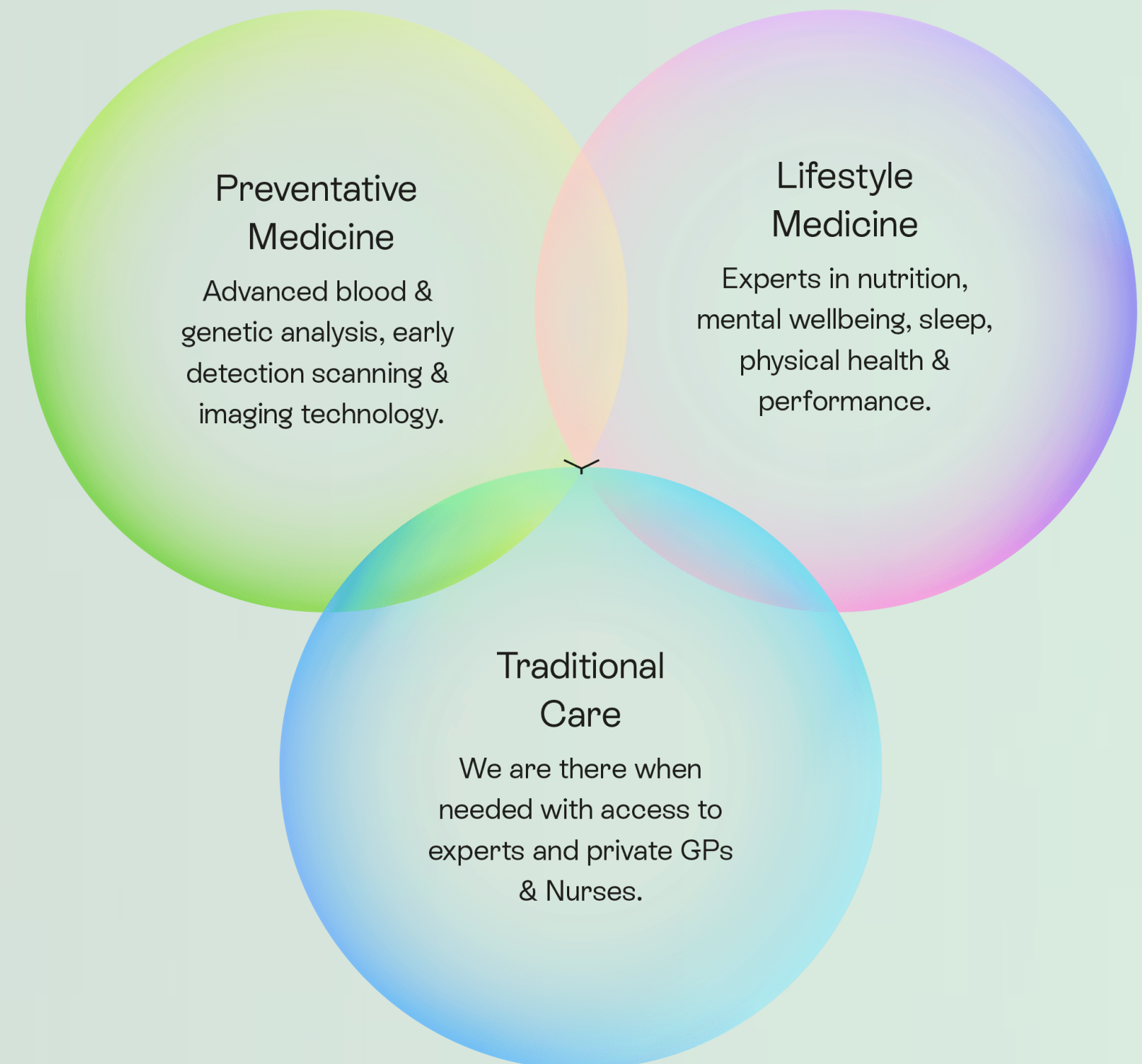
Thyme's focus on Healthspan helps our clients achieve increased performance, productivity, talent attraction and retention.



Method

Thyme's whole health approach

We combine lifestyle and preventative medicine with traditional care, to deliver a service that is proactive and tailored.



Experts

Leaders in preventative health

Thyme's team includes Doctors, Nurse Prescribers and Specialists in nutrition, sleep, movement and mental health. An integrated team providing a managed journey to a better you.



Science

Powered by biomedical science

Thyme's in-house medical laboratory—delivering pathology, nutritional and environmental testing—is the UK's most advanced preventative health testing service.



The Netflix logo, consisting of the word "NETFLIX" in a bold, red, sans-serif font.

Track record

The Amazon Studios logo, featuring the word "amazon" in black and "studios" in orange, with the Amazon smile arrow underneath "amazon".The Ivy Club logo, with the words "THE IVY" in a dark blue serif font above the word "CLUB" in a smaller, all-caps, dark blue sans-serif font.

Trusted by leading brands



Thyme's track record includes working with FTSE 250 companies, world champion athletes, and A-list stars.

Corporate Services

Whole Health Checks

A more personalised, proactive and preventative medical

- Tailored to men and women's health, at their individual life stage
- Fully customisable
- Options include reviews of gut health, physical, sleep and nutritional health, comprehensive range of blood screening, and early detection scans
- Personal Healthspan report
- There are financial benefits to providing employee health checks*

From £575 per person

Memberships

Maintain a happier, healthier and high performing team

- Members enjoy an annual Whole Health Check
- Preventative tests and treatments including epigenetics, blood, nutritional and environmental tests
- On demand access to a team of trusted doctors, nutritionists, physios, therapists and sleep specialists
- Choose from four levels of support to suit your needs

From £60 per month

Private GP

Ensure rapid access to a local private GP with a difference

- 15-30min appointments with a Thyme GP or Nurse Prescriber
- Choose your practitioner(s)
- Online and in-clinic consultations 6 days per week
- Full range of health tests and vaccinations
- Dedicated Personal Health Planner to support your business

£POA

Solutions

A truly flexible approach

Design the service you want for your people. Thyme will seamlessly integrate with your existing benefits offering.



Did you know?

Benefits of offering health checks

HMRC permit an employer to pay for one Medical Check Up per person per annum and it not count as a benefit in kind for the employee. It also counts as tax deductible for the employer*



Locations

Central London



Thyme, St James's

Our St James's Street space is within easy reach of major transport links, including Victoria and Charing Cross train stations and several London Underground stations.

10 St James's St,
St. James's,
London, SW1A 1EE

Hertfordshire

Thyme, Tring

Thyme's Tring location is set within the luxurious Champneys resort and spa in the stunning Hertfordshire countryside. It lies just off the A41, some 45 minutes from central London.

Champneys Tring Wellbeing Centre,
Chesham Rd,
Tring, HP23 6HY



THYME

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YOURTHYME.COM