

A better way to do Occupational Health.

Clear, human-centred Occupational Health.
Better health outcomes.
Better work outcomes.

The problem

Traditional Occupational Health often only sees the symptom.

The outcome

Longer than needed absence

Generic recommendations



Slow decisions

More cost, more frustration



HCML changes the outcome

A model built for better health outcomes.



Whole-person assessment

We look at the full picture behind absence, including physical, mental, emotional and social factors. That leads to clearer recommendations and fewer missed barriers to return.



The right clinician, first time

Our multidisciplinary team brings together OH specialists, therapists, counsellors, functional health practitioners, MSK experts and others. We match the clinician to the need, escalating to physicians only where they add real value.



Manager engagement

We speak with managers before and after assessment so recommendations are practical, relevant and easier to implement. This reduces delay and gives managers clearer next steps.



Proven impact

Our model consistently reduces unnecessary absence by addressing the factors that affect someone's ability to work. On average, we cut more than 50 hours of avoidable absence per case.



At the heart of healthier lives

“The advice and guidance provided has been world class. I was listened to and given realistic, tailored recommendations for my lifestyle and personality. I am so thankful.”



Fast. Human. Purposeful. Effective.

Why HCML?

- Two manager conversations for clearer context and follow-through.
- Whole-person assessments that uncover the real barriers.
- Multidisciplinary clinicians matched to each need.
- An end-to-end five-day pathway.
- Designed to support better decisions and better outcomes.

Ready for a more effective occupational health model?
Speak to our team



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