



AKG Health

Strengthening contract performance through
health support that changes lives



Strengthening Contract Performance

We work in partnership with prime providers to strengthen contract performance by addressing one of the most significant, yet often hidden, barriers to progression: participant health.

We bring clinical expertise to employability in practical, proportionate ways. Our team includes nurses, occupational therapists, counsellors and CBT-trained practitioners, enabling us to understand complexity, manage risk and operate safely within a work-focused environment.

Crucially, we do not treat health in isolation. Every interaction is linked directly to employability outcomes - from improving engagement and attendance, to building confidence for interviews and sustaining work.



Clinically informed

Expert, non-generic support grounded in real health insight



Outcome-driven

Structured sessions with clear, employment-linked actions



Safe and appropriate

Safeguarding and risk awareness are embedded throughout



Fully integrated

Working alongside advisers, strengthening, not duplicating delivery

We strengthen delivery where it matters most, improving engagement and attendance, reducing disengagement cycles, and enabling consistent participant progression.

By stabilising health-related barriers early, we free up adviser capacity to focus on core performance outcomes, rather than crisis management and re-engagement. We also remove practical blockers by supporting access to GPs, specialist services and wider systems, ensuring participants can move forward without unnecessary delay.

Proven at scale, this model has been successfully delivered across the Restart Scheme, supporting performance across complex cohorts and high-volume contracts.



85% of participants reported increased confidence and improved readiness to move towards work after working with AKG Health



Delivered by people who understand

We combine clinical expertise with behavioural and coaching methods to deliver targeted, measurable support. Focused on the practical barriers that affect day-to-day functioning, we translate health needs into clear actions that improve engagement, progression and sustained employment.

- **Pain and Fatigue Management**
Help employees to manage persistent symptoms and maintain quality of life.
- **Resilience and Emotional Well-being**
Strengthening coping strategies, stress regulation, and psychological flexibility.
- **Your Wellbeing and Work**
Helping people with health conditions build resilience and confidently move into work.
- **Mindset and Motivation**
Building confidence, engagement, and goal orientation.
- **Menopause and Women's Health**
Reducing stigma, improving retention, and retaining experienced talent.
- **Men's Mental Health**
Encouraging early conversations and preventative support.
- **Mobility and Physical Wellbeing**
Enhancing movement confidence and day-to-day comfort.
- **Nutrition and Lifestyle**
Promoting sustainable behaviours that improving energy and focus.



“ Dree was amazing to work with and very friendly, calm and very positive. Dree helped me with my mental health issues, like not wanting to go out, sleeping all the time and feeling very anxious and not in a good place! I had a few sessions with her, set a few boundaries, and she gave me so many tips on mental health and worked with me to build me up. I am now working part-time and feel so much better! I can't thank her enough for her support, kindness and care. ”

Our Team

AKG Health is delivered by a compassionate, multidisciplinary team of clinical and wellbeing professionals who understand that health challenges are rarely one-dimensional.

Our practitioners includes registered nurses, occupational therapists, accredited counsellors, CBT-trained practitioners, health coaches, and nutritional specialists who support individuals to manage conditions such as diabetes, helping to stabilise energy, improve day-to-day functioning and build readiness for work.

This approach builds trust quickly and enables meaningful progress. Participants consistently report increased confidence, stability and clarity, supporting improved engagement and sustained outcomes.

It is this combination of clinical expertise and human connection that allows us to effectively support complex needs and translate that into real-world results.





“ Too many people who want to work are held back by poor health, anxiety, or low confidence, and too few services connect health and employability in a meaningful way. That gap is what we’ve been working to close at AKG Health.

Through our work on the Restart Scheme, we’ve seen how clinically informed support drives performance, improving engagement, stabilising attendance and enabling consistent progression. We combine empathy with structured, outcome-focused support, helping individuals rebuild confidence and move into work feeling ready – not rushed.

Ultimately, health support is not an add-on to employability provision, it is a key driver of performance.”

Heidi Fish,
Director of AKG Health

About AKG Health

AKG Health helps individuals experiencing physical, mental and emotional health challenges to rebuild confidence, improve well-being, and move into or sustain work. We deliver clinically informed, work-focused interventions that address real-world barriers to engagement and progression.

We've supported over 10,000 people, with more than 33,000 interventions since 2022, and our multidisciplinary team combines clinical expertise with practical support to improve outcomes across employability programmes.

Our approach is reflected in participant feedback, with a 4.9 Trustpilot rating showing the trust, confidence, and impact we build through our support.

To find out more about how we can help, start a conversation today on the contact details below:



info.health@akguk.co.uk



www.akguk.co.uk/what-we-do/health

