



3Q Recruitment Launches Access to Gewardz Health Services

As part of our ongoing commitment to your health and wellbeing, 3Q Recruitment is proud to offer access to **Gewardz Health Services** for all temporary staff. This initiative provides comprehensive support including virtual GP consultations, confidential counselling, Fit to Work certs, and more – all designed to support both your personal and professional life.

What You Get with Gewardz

Virtual GP Service

- Access UK- or Ireland-based GPs via phone or video, often on the same day
- Choose to speak with a male or female doctor
- Discuss a range of health concerns including skin issues, stomach problems, aches, ENT complaints, and more
- Receive prescriptions, specialist referrals, Fit to Work or Sick Notes when clinically appropriate
- Unlimited consultations at no additional cost per visit

Wellbeing & Counselling Support

- 24/7 access to confidential counselling and guidance
- Support available for mental health, legal, financial, and personal issues
- Speak with qualified professionals about stress, relationships, money matters, and more
- Structured remote counselling sessions available
- Access is extended to your partner and household family members

Access Based on Time with 3Q Recruitment

Eligibility Tiers

Length of Service	Access	Cost to temp	Management
0-6 Months	Voluntary	€20/month	Temps self-sign-up with Gewardz
6 Months to <2 Years	Voluntary, Opt-in Required	€10/month	Payroll deduction via 3Q
2+ Years	Voluntary, Opt-in Required	Free	Access activated by 3Q



Next Steps

We will be providing full details and sign-up instructions shortly. This is a valuable benefit we encourage you to make the most of.

If you have any questions or would like to express early interest, please contact the Temp Team at: temps@3qrecruitment.ie

This is us – *Putting People First*
– The 3Q Recruitment Team