

health calendar

Your 12 steps to positive employee wellbeing



overview

Cover the health and wellbeing needs of your employees with our comprehensive information and education Health Calendar programme. The programme provides your employees with a 12-month campaign to encourage them to take a proactive approach to wellbeing, covering a variety of relevant topics. Meet the needs of your workforce with an informative, ready-made wellbeing programme.

key features

- Engage with your employees by providing them with a targeted health and wellbeing awareness programme
- Receive an annual programme of ready-made monthly campaign toolkits, focusing on a different wellbeing topic each month
- 12-monthly topics to suit the diverse needs of your employees
- Topics are grouped under four key wellbeing pillars
- Employees will get access to a monthly webinar, a follow-up Q&A and additional support resources
- Health Calendar is designed to provide employees with the support to encourage them to take action
- Inspire your workforce to lead healthier lives by making informed choices to live well, stay healthy, feel fitter and work better
- Delivered remotely
- Quick and easy to implement

support your employees with advice, information and more on a diverse range of topics

health calendar

inspire employees

A Health Calendar will inspire employees to lead healthier lives and make informed choices about their health and wellbeing.

All topics on the programme are designed to cover four key wellbeing pillars:

- ▶ Physical wellbeing
- ▶ Psychological wellbeing
- ▶ Social wellbeing
- ▶ Financial wellbeing

calendar topics

Your wellbeing calendar will cover:

- ▶ Personal Resilience
- ▶ Men's Health
- ▶ Home Working
- ▶ Sleep
- ▶ Menopause
- ▶ Financial Wellbeing
- ▶ Heart Health
- ▶ Mental Health
- ▶ Managing Conflict
- ▶ Ageing Workforce
- ▶ Know Your Numbers
- ▶ MSK Health

The journey doesn't stop there. Join for another 12-months and you will receive more tools and knowledge to support employees on their journey to a better wellbeing.

how does it work?

- ▶ Receive a 12-month health calendar to promote to employees
- ▶ You will receive a host of communication materials and messages to share with employees
- ▶ Employees will be able to access content on all topics from implementation of your Health Calendar, which will remain live for 12-months
- ▶ During the first week of each month, a pre-recorded webinar on that month's topic will be uploaded and remain live for 3-months
- ▶ The Chat Box function is available for employees to ask questions about each topic throughout the entire Health Calendar initiative
- ▶ During the third week, answers to all questions asked will be update on the wellbeing calendar website
- ▶ Each week, content about the monthly topic will be added (minimum of 4 per month), which will remain live for 12-months