

**Making wellbeing
work for you.**

Health Calendar

**Monthly campaign toolkits
with fact sheets, posters
and a communications pack.**



A ready-made wellbeing programme.

For your organisation – engage your people’s interest in their own wellbeing with this ready-made health awareness programme

- An annual programme of ready-made monthly campaign toolkits, for a different popular wellbeing topic each month
- Target your campaigns on the topics that are most relevant to your business
- Each month you’ll receive a communication pack including fact sheets, posters and campaign text – all you have to do is send out the communications

For your people – a valuable and informative wellbeing support service

- Validated materials
- Designed to inform and resource your people and support them in taking action
- Signposting them to free national support agencies for specialist advice and support

- Remotely delivered
- Quick and easy to implement
- Minimum administrative input for you

Why the health calendar?

This annual health awareness programme provides targeted campaigns to engage your people in their personal health & wellbeing.

Working with you, we’ll inspire them to lead healthier lives by helping them make informed and sustainable wellbeing choices to live well, stay healthy, feel fitter and work better.

You select the topics that best meet the needs of your organisation.

You choose:

- The 12 topics you want for your annual health calendar
- Which topic you want delivered in each month

Choose from the following 22 topics:

- Healthy eating
- Exercise
- Sleep
- Weight
- Move more, sit less
- Resilience (coping with pressure)
- Work life balance
- Know your numbers (healthy lifestyle)
- Energy
- Smoking
- Cancer awareness
- Healthy heart
- Diabetes
- Mental health
- Stay healthy on shift
- Back care & posture
- Managing fatigue
- Coping with change
- Healthy ageing
- Take care in the sun
- Winter health
- Alcohol



Create your own health calendar.

Create your own 12 month calendar, choosing from the 22 topics available. We can advise you on which topics to use in each month to take advantage of seasonal media interest and national campaigns and awareness days that occur each month.

Each month you receive:

Campaign materials

- 3 fact sheets
- Top tips poster
- Support leaflet signposting your people to national support agencies associated with the topic

Communications pack

- Campaign announcement text for use to launch the materials
- Weekly promotional top tip messages to keep your campaign alive



Sample calendar.

Calendar	Topic of the month
January	Alcohol
February	Back care & posture
March	Cancer awareness
April	Sleep better
May	Mental health
June	Take care in the sun
July	Have more energy
August	Healthy eating
September	Know your numbers
October	Diabetes
November	Build your resilience
December	Improve your work/life balance



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Our friendly Customer Care Team is here to help



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