

WORKPLACE WELLNESS CALENDAR: Q3 2023

SUPPORTING HEALTHIER, HAPPIER PEOPLE

Discover more at healthshield.co.uk



KEY RESOURCES TO SUPPORT YOU THROUGH Q3

Welcome to your workplace wellness calendar which is designed to support your internal wellbeing strategy, alongside the health benefits provided by Health Shield.

You'll find tips and resources from our experts to support workplace wellbeing and help your people thrive.

The resources available can be used to promote wellbeing and engage with your employees around key topics such as mind, lifestyle, health, money, as well as provide some support for line managers and HR teams.

How the calendar works

The next page features a calendar with some key upcoming awareness dates listed and links for you to find out more information about each of them.

In the 'Supporting Resources' column, you'll find links to content we have produced for you to share with your people. And in the 'Plan Your Activity' section you can jot ideas down for fitting this content into your workplace wellbeing strategy.

If you need any help, you can speak to your account management team:

For our latest news and updates follow us on Linkedin



CONTACT US



JULY



AUGUST



Physical Activity Challenge

Share two exciting exercise challenges with your employees – one perfect for gym enthusiasts, and two quick ones to tackle at home. These challenges are crafted to suit everyone from beginners to regular exercisers. It's all about challenging yourself and reaching new personal heights.

Audience:

HR, wellbeing, and line managers Employees DOWNLOAD NOW

Sun Safety Fact Sheet

Share this quick fact sheet with some handy tips and reminders with your employees – it's packed with valuable information that'll keep everyone enjoying the summer sun safely.

Audience: HR, wellbeing, and line managers, Employees

DOWNLOAD NOW

SEPTEMBER



Know Your Numbers Webinar

Two of our fabulous wellbeing team members dive into the importance of health prevention and checks during Know Your Numbers Week. Watch this insightful conversation on how to stay proactive and maintain a healthier lifestyle.

Audience:

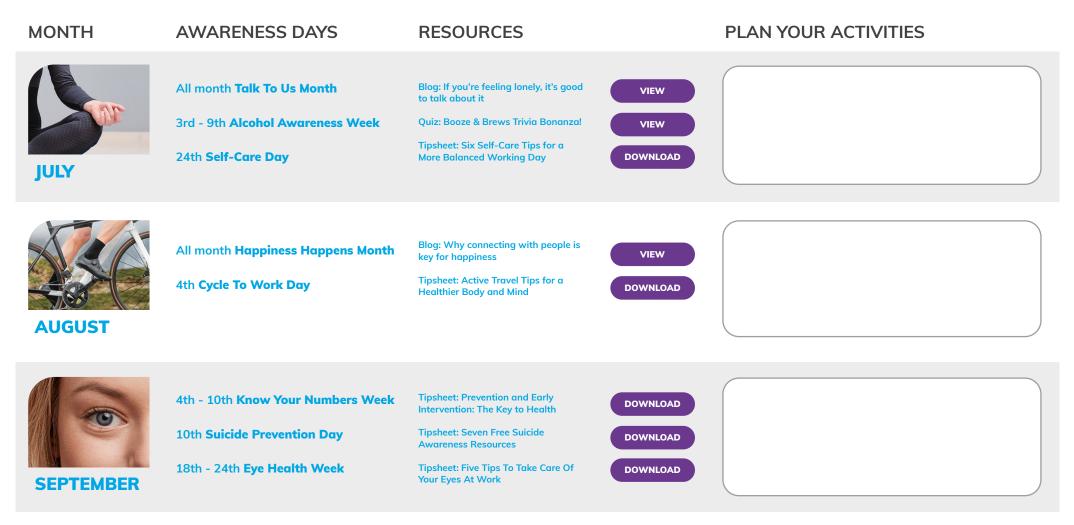
HR, wellbeing, and line managers Employees

WATCH NOW

Discover more at healthshield.co.uk



Q3: WELLBEING ENGAGEMENT





EMPLOYEE ENGAGEMENT RESOURCES

Supporting health and wellbeing in your workplace all year round

We're adding new resources all the time that are designed to help you engage in health and wellbeing topics with employees and promote the health benefits provided by Health Shield.



Healthier, Happier, People

Help your workplace thrive with resources to share with employees designed to support their health and wellbeing.

DISCOVER MORE



Promotion Resources

From posters to social posts, all the assets you need to enlighten and engage your workforce about our employee <u>health benefits.</u>

FOR EMPLOYER PAID PLANS

FOR VOLUNTARY PAID PLANS





WE'RE HERE FOR YOU

Supporting you and your people is our number one priority.

If you need any help, you can contact your Account Management team



Discover more workplace wellbeing services at <u>healthshield.co.uk/wellbeing</u>

