



Looking after our customers during Coronavirus (COVID-19)

Our customers are at the heart of our business, and our priority is ensuring that you continue to receive the best service possible.

2020 Wellbeing Planner

April - June

A variety of resources:

- Posters
- Infographics
- Blogs
- Guides

SUPPORTING YOUR EMPLOYEES HEALTH, WEALTH AND HAPPINESS IN 2020

APRIL

Exercise & Stress

MAY

Spring Health

JUNE

Mental Wellbeing

KEY THEMES/AWARENESS DAYS

Stress Awareness Month - **All Month**
 World Health Day - **7th April**
 On Your Feet Britain - **24th April**

National Walking Month - **All Month**
 Sun Awareness Week - **4th May**
 Global Hand Hygiene Day - **5th May**
 Mental Health Awareness Week **18th May**

Men's Health Week - **15th June**
 International Fathers'
 Mental Health Day - **22nd June**
 National Sunglasses Day - **27th June**

From the beginning of each month, you can access a variety of brand-new resources supporting the awareness days and key themes of that month!

Keep your eyes peeled for your monthly installments of MyPeople News - landing straight in your inbox to support you even further!

If you haven't yet recieved a Newsletter - please contact marketing@paycare.org or call us on **01902 371010**

*For HR Manager use only

YOUR WELLBEING PLANNER GUIDE!

Remind your team about our GP 24/7 and Confidential Counselling & Helpline Service*

Make the most of your Corporate Paycare Plan by sharing useful content with your staff each month. Keep your eyes peeled for your monthly MyPeople News to find out how you can promote each awareness day, access Mental Health support and use your MyPeople area to browse a variety of posters, infographics, guides and more! Enhance the health and wellbeing of your team in 2020... Remember - a happy team make a happy organisation!

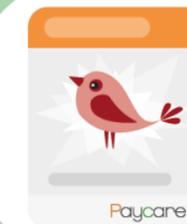
3 EASY STEPS

- 1 Save a copy of your Wellbeing Planner to your desktop.
- 2 Access a variety of resources to support awareness days via your MyPeople News & MyPeople portal.
- 3 Engage with your team by sharing the useful and fun resources via email, online intranets or even through the post!

SUPPORT

We have put together some further information and FAQs around COVID-19 on our website at www.paycare.org/coronavirus, and we're updating this regularly, as we follow the guidance of the Government. You'll be able to find our latest tips and support on our Paycare blog area of the website as well. Your teams can also access these blogs on www.paycare.org/about-paycare/blog/

If you need any help, please contact our friendly Account Managers on **01902 371010** or email healthcareheroes@paycare.org



*To check if the Confidential Counselling and Helpline Service is included in your Employees' Plan, and for further information about the service, please refer to the Benefit Table.