



Remaining responsive 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.

Our Corporate Account Managers are still very much on-hand and are here to help you and your business get through this demanding time, with increased resources being made available and even more availability for one-to-one contact to suit your needs.

2020 Wellbeing Planner

July - September

A variety of resources:

- Posters
- Infographics
- Blogs
- Guides

SUPPORTING YOUR EMPLOYEES HEALTH, WEALTH AND HAPPINESS IN 2020

JULY

Health and Wellbeing

AUGUST

Home for Summer

SEPTEMBER

Physical and Eye Health

KEY THEMES/AWARENESS DAYS

Talk To Us - **All Month**

Health Information Week - **6th July**

International Day of Friendship - **30th July**

Cycle To Work Day - **6th August**
 National Allotments Week - **10th August**
 World Photo Day - **19th August**

Migraine Awareness Week – **6th Sept**
 World Suicide Prevention Day - **10th Sept**
 National Eye Health Week - **23rd Sept**
 National Fitness Day - **25th Sept**

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 received 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 MyPocket GP and Confidential Counselling & Helpline Service*



Enhance the Health and Wellbeing of your team in 2020... Remember, a happy team make a happy workplace!

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 our re-imagined remote Mental Health Training for your employees and use your MyPeople area to browse a variety of posters, infographics, guides and more!

Managers, we understand that your business is currently adapting to working in ways which are different to the norm. Remember - the Paycare team are here to help support YOU, as well as your employees, so look out for resources to support you too.

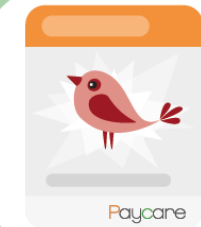
3 EASY STEPS

- 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.

*For HR Manager use only

01902 371 010
www.paycare.org



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Everyday Health Cover since 1874