

2021 Wellbeing Planner

Q1 January - March



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.

If you are experiencing financial difficulties, please contact us and our Customer Services Team will be happy to discuss your options with you.

Our Corporate Account Managers are here to help managers too, we can support you with resources and one to one time to discuss looking after your teams.



SUPPORTING YOUR EMPLOYEES PHYSICAL, MENTAL & FINANCIAL HEALTH IN 2021!

JANUARY

Physical, Mental and Financial Health

FEBRUARY

Mental Health and Kindness in the Workplace

MARCH

Physical Health and Employee Appreciation

KEY THEMES/AWARENESS DAYS

RED January - **All Month**
Blue Monday - **18th Jan**

National 'Sickie' Day - **1st Feb**
Time to Talk Day - **4th Feb**
Random Acts of Kindness Day - **14th Feb**

University Mental Health Day - **4th March**
Employee Appreciation Day - **5th March**
Nutrition & Hydration Week - **15th March**
World Sleep Day - **19th March**

Access a wealth of marketing support and resources including posters, new starter packs, guides and much more via your MyPeople Portal, in support of these themes.

To register for MyPeople, all you'll need is your Group Number and Policy Start Date. Watch our Demo Video for more support and to learn how to use the MyPeople Portal!

[Click here!](#)



Online
Mental Health First Aid Training
Available Now!
Visit - www.paycare.org/mhfa



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Your monthly MyPeople News shares lots of information, tips and support. Resources such as posters, infographics, guides and more, are accessible via your easy-to-use MyPeople Portal, all for realising your plan's potential and enhancing the overall wellbeing of your workplace.

Managers, we understand that your business, your processes and your challenges may look very different this year. The Paycare team are here to support you as well as your employees, so look out for managers resources to help you too.



Difficult choices?
If you're experiencing commercially challenging times or considering a restructure of your business, get in touch with your Account Manager, who can guide you on what support is available. We're here to help.

SUPPORT

For further information and FAQs around COVID-19, head to www.paycare.org/coronavirus. We're updating this regularly so that you can always find the information you need. Your team can find our latest health and wellbeing tips on our Paycare blog on www.paycare.org/about-paycare/blog/

If you need any help, or haven't yet received MyPeople News - please contact our friendly Account Managers on **01902 371010** or email healthcareheroes@paycare.org

3 SIMPLE STEPS!

- 1 Save a copy of your Wellbeing Planner to your desktop.
- 2 Access a variety of resources via your MyPeople News & MyPeople portal.
- 3 Share our resources with your team email, online intranets or even through the post!



Remind your team about additional services including our MyPocketGP, Paycare Perks and Confidential Helpline Service*

FREE Online Session!
Click here to enhance the Health and Wellbeing of your team by joining our FREE E-Clinics - online sessions focusing on different topics including wellbeing in the workplace and employee Mental Health!



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