

# 2021 Wellbeing Planner

## Q2 April - June



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!

### APRIL

### MAY

### JUNE

KEY THEMES / AWARENESS DAYS  
HEALTH AND WELLBEING

Stress Awareness Month - **All Month**

World Health Day - **7th April**

On Your Feet Britain - **29th April**

National Smile Month - **All Month**

Sun Awareness Week - **3rd May**

Mental Health Awareness Week - **10th May**

Nutrition & Hydration Week - **14th June**

Men's Health Week - **15th June**

World Wellbeing Week - **21st June**



MyPeople Portal - Access a wealth of marketing support and resources including posters, new starter packs, guides and much more.

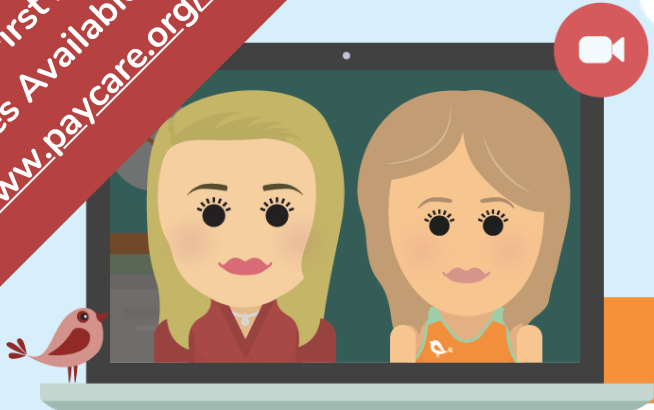
Register for MyPeople - All you'll need is your Group Number and Policy Start Date. Watch our Demo Video for more support and to learn how to use the MyPeople Portal!

[Click here!](#)



\*For HR Manager use

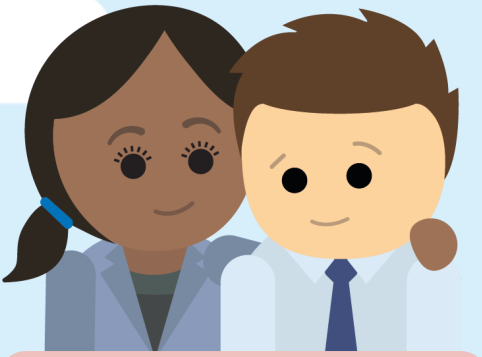
Online  
Mental Health First Aid Training  
Dates Available!  
Visit - [www.paycare.org/mhfa](http://www.paycare.org/mhfa)



# 2021 Wellbeing Planner

Our MyPeople News shares lots of information, tips and support each month - find out how to sign up below if you haven't already!  
Realise your plan's potential and enhance the overall wellbeing of your workplace, by accessing our resources via your easy-to-use MyPeople Portal.

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 around COVID-19, head to our regularly updated FAQs [www.paycare.org/coronavirus](http://www.paycare.org/coronavirus).  
Your team can find our latest health and wellbeing tips on our Paycare blog on [www.paycare.org/about-paycare/blog/](http://www.paycare.org/about-paycare/blog/)

Check out our [Top Tips for Promoting your Paycare Plan](#)

If you need any help, or haven't yet received MyPeople News - please contact your friendly Account Managers on **01902 371010** or email [healthcareheroes@paycare.org](mailto:healthcareheroes@paycare.org)

## 3 SIMPLE STEPS!

- 1 Save a copy of your Wellbeing Planner to your desktop.
- 2 Access a variety of supporting resources via your MyPeople News & MyPeople portal.
- 3 Share our resources with your team via 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 Sessions!

Click here to join one of our upcoming FREE E-Clinics - 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.