Health and Wellbeing Week 2019
<table>
<thead>
<tr>
<th>Moment that Matters</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moving house</td>
<td>Day of and day off after / extended weekend to settle in</td>
</tr>
<tr>
<td>Illness of a dependent</td>
<td>Of a close family member, friend or pet</td>
</tr>
<tr>
<td>Bereavement</td>
<td>Of a close family member, friend or pet</td>
</tr>
<tr>
<td>New Pet</td>
<td>Where they need settling into a new home</td>
</tr>
<tr>
<td>Changes in dependents / carers circumstances</td>
<td>Arranging elderly care, childcare</td>
</tr>
<tr>
<td>planned or unplanned</td>
<td></td>
</tr>
<tr>
<td>Children's education milestones</td>
<td>First day at school, school plays, sports days, graduations awards/ceremonies, exams, first day at university</td>
</tr>
<tr>
<td>Integrating a blended family</td>
<td></td>
</tr>
<tr>
<td>Study leave or company funded programs</td>
<td></td>
</tr>
<tr>
<td>Breakdown of a relationship</td>
<td></td>
</tr>
<tr>
<td>Days immediately leading up to a wedding</td>
<td></td>
</tr>
<tr>
<td>Surrogacy antenatal appointments</td>
<td></td>
</tr>
<tr>
<td>Fertility treatment</td>
<td>Collection of eggs and embryo transfer</td>
</tr>
</tbody>
</table>
EAP Healthy Minds

Financial improvements

Mental Health Pathway and Back2Better (musco-skeletal) services.

Various apps and chat facilities to make managing your healthcare much easier and more accessible

Improved support for your overall health & wellbeing

Still to come in 2020……

Digital GP service……giving you access to a real GP by a face-time appointment quickly instead of having to wait to see your own GP.
Wellbeing Toolkit

Health (mind & body)

Financials

Work-life balance

Pillars

Work environment

Job & family events

Other

Onsite Occupational Health

Flexible Benefits

Funded Medical insurance

Cycle to Work Scheme

Monthly 1-2-1s focusing on wellbeing

Personal Wellness Plans

Dental Plan

Flexible hours

Family Friendly Policies

Life Leave

Volunteering Day

Product Allowance

Dedicated Cancer Service

Working from home

Physiotherapy Helpline

Grocery Aid
Learning and Development
# Wellbeing Agenda 2020

## JAN
- **Flexible benefits**

## FEB

## MAR
- Grocery Aid Awareness Day (3rd March)
- Stress Awareness Month (EAP focus, anxiety/CBT – Aviva Thrive app) incl. Sleep

## APR
- On Your Feet Week (28th) – link to gym offering

## MAY
- Womens Health Week (inc. menopause awareness) 10 – 16 May
- Wellbeing Portal Launched

## JUNE
- Mind Results Sharing across the business
- Launch of digital GP service

## JULY
- National Simplicity Day 12 July
- *Back to Basics’ – Sleep, Eat, Exercise!*

## AUG
- National Financial Awareness Day 14 Aug
- **Flu jabs**

## SEPT

## OCT
- Cookbook (nutrition / CALM) – Q4
- World Mental Health Day 10 October

## NOV

## DEC

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### Line Manager resilience/absence

### KPI reporting / measurement

### MSK / Backhug

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Wellbeing team – monthly meetings to progress plan

MH Champions – quarterly check-ins / annual forum
Thank you for listening!