

HEALTH CALENDAR

CREATE YOUR OWN HEALTH CALENDAR

SCHEME OVERVIEW

Create your own health campaign to communicate to your employees. The Health Calendar initiative provides you with a monthly campaign toolkit to help and support your workforce on wellbeing topics chosen by you. Meet the needs of your people with an informative, ready-made wellbeing programme.



KEY FEATURES

- ▶ Engage with your employees by providing them with a targeted health and wellbeing awareness programme
- ▶ Receive an annual programme of ready-made monthly campaign toolkits, focusing on a different wellbeing topic each month
- ▶ Choose from a variety of campaigns to suit the needs of your organisation and its people
- ▶ Monthly communication packs include factsheets, posters and campaign copy to send out to your employees
- ▶ Health Calendar is designed to provide employees with information and resources, supporting them in taking action
- ▶ Signpost employees to free national support agencies for specialist advice and support
- ▶ Inspire your workforce to lead healthier lives by making informed choices to live well, stay healthy, feel fitter and work better
- ▶ Remotely delivered
- ▶ Quick and easy to implement with minimal administrative input for you

HOW DOES IT WORK?

- ▶ Create your own 12-month calendar, choosing from the variety of topics available
- ▶ You can be provided with advice on which topics to use each month, taking full advantage of seasonal events, media interest, national campaigns and awareness days that occur each month
- ▶ Each month you will receive campaign materials and a communications pack
- ▶ Campaign materials include 3 factsheets, top tips poster, support leaflet directing employees to national support agencies associated with that month's topic
- ▶ The communications pack includes campaign announcement copy to use to launch the campaign materials and weekly promotional top tip messages to keep your campaign alive

CHOOSE YOUR TOPICS

- ▶ Healthy eating
- ▶ Exercise
- ▶ Sleep
- ▶ Healthy weight
- ▶ Move more, sit less
- ▶ Resilience
- ▶ Work life balance
- ▶ Healthy lifestyle
- ▶ Energy
- ▶ Stop smoking
- ▶ Cancer awareness
- ▶ Healthy heart
- ▶ Diabetes
- ▶ Mental health
- ▶ Stay healthy on shift
- ▶ Back care & posture
- ▶ Managing fatigue
- ▶ Coping with change
- ▶ Healthy ageing
- ▶ Take care in the sun
- ▶ Winter health
- ▶ Alcohol
- ▶ Stroke
- ▶ Coping with pressure
- ▶ Hydrate
- ▶ Men's health
- ▶ Women's health

SAMPLE CALENDAR

Month	Topic
January	Alcohol
February	Back care & posture
March	Cancer awareness
April	Sleep
May	Mental health
June	Take care in the sun
July	Energy
August	Healthy eating
September	Healthy lifestyle
October	Diabetes
November	Resilience
December	Work life balance



Talk to a member of our team today.

0330 333 9100

INFORMATION@BUSYBEESBENEFITS.COM

WWW.BUSYBEESBENEFITS.COM

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