



Making wellbeing work for you.

I-WILL* wellbeing resources website

Our wellbeing resources website, together with complementary monthly messages, provide targeted support to engage your people in their health and wellbeing.

For your organisation... a ready-made annual wellbeing programme.

- Each month we'll send you some text to announce the topic of the month, along with weekly promotional messages to keep the monthly campaign alive and drive engagement with the website
- Select your monthly programme from the 16 topics available
- It's really easy to run. Staff simply need the organisational access code which we'll supply to you – there's no web registration process and personal details are not required
- You can also use the website as a resource to support the delivery of your other health and wellbeing initiatives throughout the year

For your employees... their own wellbeing resource centre

Unlimited access to the website,
accessible from work or home,
featuring a variety of health and
wellbeing topics, each with
supporting:

- ✓ Video
- ✓ Podcast
- ✓ Fact sheet
- ✓ Personal training plan

The website can also be made
available to your staff's partners,
at no additional cost.



Sample calendar

Calendar	Topic of the month
January	Drink less alcohol
February	Lose weight
March	Have more energy
April	Sleep better
May	Exercise
June	Take care in the sun
July	Eat more healthily
August	Pace my life better
September	Stay healthy
October	Winter health
November	Cope better with pressure
December	Balance my life

The other four topics available are:

- Cope with change
- Stop smoking
- Hydrate
- Drink less caffeine



Our friendly Customer Care Team is here to help

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