

'Commit'

Annual Workplace Wellness Package

Health Matters are delighted to announce the release of our uniquely innovative 'Commit' package. This expert led annual workplace wellness package was developed to;

1. Assist organisations to strategically address workplace health & wellbeing by providing an easily accessible and structured annual package.
2. Provide a statistical measurement to allow organisations to benchmark their workplace health & wellbeing data against national averages and industry gold standards.
3. Provide and deliver a structured annual calendar of events based on National Health Campaigns –thus minimising the time spent by organisations to plan, organise and deliver on self-coordinated events.



What's included?

- ✓ A 'one to one' consultation meeting with one of our workplace health & wellbeing experts to discuss and plan your organisations annual calendar of events
- ✓ An opportunity to complete our evidence-based health & wellbeing survey in order to benchmark data against national averages
- ✓ A comprehensive and informative report outlining the health of employees compared to industry gold standards
- ✓ Health Champion training for up to 2 individuals – includes consultation on survey report findings and coaching to prepare a focused and strategic action plan
- ✓ Delivery of a monthly event*, creating a structured annual calendar of events which is based on National Health Campaigns. * *Please note that monthly sessions are required to be delivered on the same day totalling 12 site-visits (Please see calendar overleaf for suggested events)*

How much?

All for **only £275.00 (+ Mileage depending on location +VAT)** per month (based on a 12-month contract). Session delivery duration is set at **two-hours** per event on the **same date** and **site location**.

Calendar of National Health Campaigns + Suggested Event Delivery

Please note that monthly sessions are required to be delivered on the same day totalling 12 site-visits

Month/Date	Health Day	Suggested Services (Please select 1 per month)	Delivery Options (Please select 1 per month corresponding with service required)
1 st – 31 st January	Dry January	<input type="checkbox"/> Alcohol Awareness Seminars OR <input type="checkbox"/> Pop-up 'What's in your Drink' Health Stand OR <input type="checkbox"/> Hydration Matters Seminars	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour stand
4 th February	World Cancer Day	<input type="checkbox"/> Pop-up Cancer 'Aware' Health Stand with Facial Skin Scanner Analysis OR <input type="checkbox"/> Aware Health Seminar with Facial Skin Scanner Analysis	<input type="checkbox"/> 2-hour stand OR <input type="checkbox"/> 2x 30-minute seminars + 30-minute drop-in skin scanner clinic OR <input type="checkbox"/> 1x 60minute seminar + 30-minute drop-in skin scanner clinic
7 th February	Time to talk Day	<input type="checkbox"/> 5 Ways to Wellbeing Seminars OR <input type="checkbox"/> Introduction to Mindfulness Sessions OR <input type="checkbox"/> Mindfulness Craft making Workshop	<input type="checkbox"/> 3x 30 -minute seminars / sessions OR <input type="checkbox"/> 2x 60-minute seminars / sessions OR <input type="checkbox"/> 2x 45-minute workshops
11 th – 17 th March	Nutrition & Hydration Week	<input type="checkbox"/> Fuel-Up Nutrition Seminars OR <input type="checkbox"/> Pop-up Nutrition Health Stand 'What's in your breakfast'? OR <input type="checkbox"/> Breakfast of Champions Seminars OR <input type="checkbox"/> Personalised healthy eating policy development for workplace & canteen OR <input type="checkbox"/> Good Mood Foods Seminars	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour stand OR <input type="checkbox"/> 2-hour face-face policy development support with canteen staff
15 th March	World Sleep Day	<input type="checkbox"/> Your Wake-Up Call - Sleep Seminars OR <input type="checkbox"/> Pop-up Massage Therapies	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour taster therapy session
1 st – 30 th April	Stress Awareness Month	<input type="checkbox"/> 5 Ways to Wellbeing Seminars OR <input type="checkbox"/> Introduction to Mindfulness Sessions OR <input type="checkbox"/> Mental Health First Aid Training for 1 person OR	<input type="checkbox"/> 3x 30 -minute seminars / sessions OR <input type="checkbox"/> 2x 60-minute seminars / sessions OR <input type="checkbox"/> 2-hour Blood Pressure clinic (15 appointments)

		<input type="checkbox"/> Good Mood Foods Seminars OR <input type="checkbox"/> Stress Buster Seminars OR <input type="checkbox"/> Pop-up Blood Pressure Clinic	OR <input type="checkbox"/> 2X Day Mental Health First Aid Training
7 th April	World Health Day	<input type="checkbox"/> Pop-up Health & Wellbeing Stand OR <input type="checkbox"/> Men's health/ Women's Health & Wellbeing Seminars OR <input type="checkbox"/> The 4 Pillars of Health Seminars	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour Pop-up stand
May	Mental Health Awareness Week	<input type="checkbox"/> 5 Ways to Wellbeing Seminars OR <input type="checkbox"/> Introduction to Mindfulness Sessions OR <input type="checkbox"/> Mental Health First Aid Training for 1 person OR <input type="checkbox"/> Stress Buster Sessions OR <input type="checkbox"/> Pop-up Mindfulness Craft Making Workshop	<input type="checkbox"/> 3x 30 -minute seminars / sessions OR <input type="checkbox"/> 2x 60-minute seminars / sessions OR <input type="checkbox"/> 2-hour stand OR <input type="checkbox"/> 2 X Day Mental Health First Aid Training OR <input type="checkbox"/> 2x 45-minute workshops
May	Sun Awareness Week	<input type="checkbox"/> Skin Cancer Awareness Sessions OR <input type="checkbox"/> Pop-up Aware stand with a Facial Scanner Analysis OR <input type="checkbox"/> Aware Health Seminars with Facial Skin Scanner Analysis	<input type="checkbox"/> 3x 30 -minute seminars / sessions OR <input type="checkbox"/> 2x 60-minute seminars / sessions OR <input type="checkbox"/> 2-hour stand OR <input type="checkbox"/> 2x 30-minute seminars + 30-minute drop-in skin scanner clinic OR <input type="checkbox"/> 1x 60minute seminar + 30-minute drop-in skin scanner clinic
May	National Walking Month	<input type="checkbox"/> Move More Sit Less Sessions OR <input type="checkbox"/> 2-hour pop-up Move More Sit Less Stand <i>(specific room requirements needed)</i>	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour pop-up stand
June	Healthy Eating Week	<input type="checkbox"/> Fuel-Up Nutrition Seminars OR <input type="checkbox"/> Good Mood Foods Seminars OR <input type="checkbox"/> Healthy Eating for Shift Workers seminars OR <input type="checkbox"/> One-one with a Dietitian	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour dietetic clinic

June	Men's Health Week	<input type="checkbox"/> Men's Health Seminars OR <input type="checkbox"/> Men's Health Quiz & resource packs OR <input type="checkbox"/> 'What age is your heart' Test (includes cholesterol and blood pressure checks) OR Healthy Hearts Health Stand	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 1-hour quiz host & 30-minute men's health information seminar with handouts OR <input type="checkbox"/> 2-hour pop-up testing clinic (12 appointments) OR <input type="checkbox"/> 2-hour pop-up stand
June	Diabetes week	<input type="checkbox"/> Reduce your Diabetes Risk Seminars OR <input type="checkbox"/> A Diabetes risk assessment clinic & glucose (sugar) check OR <input type="checkbox"/> Pop-up Sugar Display Health Stand	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour Testing Clinic (12 appointments) OR <input type="checkbox"/> 2-hour pop-up stand
July	Health Information Week	<input type="checkbox"/> Pop-up Health & Wellbeing Stand OR <input type="checkbox"/> Men's health/ Women's Health & Wellbeing Seminars OR <input type="checkbox"/> The 4 Pillars of Health Seminars OR <input type="checkbox"/> Pop-up Body Composition Analysis Checks	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour pop-up stand OR <input type="checkbox"/> 2-hour Testing Clinic (12 appointments)
August	Skin Awareness + Healthy Eating	<input type="checkbox"/> Skin Cancer Awareness Sessions OR <input type="checkbox"/> Pop-up Aware stand with a Facial Scanner Analysis OR <input type="checkbox"/> Aware Health Seminars with Facial Skin Scanner Analysis OR <input type="checkbox"/> Know your Calories Nutrition Seminar OR <input type="checkbox"/> Pop-up Nutrition Health Stand 'What's in your food?'	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2x 30-minute seminars + 30-minute drop-in skin scanner clinic OR <input type="checkbox"/> 1x 60minute seminar + 30-minute drop-in skin scanner clinic
10th September	World Suicide Prevention Day	<input type="checkbox"/> 5 Ways to Wellbeing Seminars OR <input type="checkbox"/> Introduction to Mindfulness Sessions OR <input type="checkbox"/> Mental Health Quiz, Workshop and handouts OR <input type="checkbox"/> Blood Pressure Check Clinic	<input type="checkbox"/> 3x 30 -minute seminars / sessions OR <input type="checkbox"/> 2x 60-minute seminars / sessions OR <input type="checkbox"/> 2-hour stand OR <input type="checkbox"/> 2-hour Testing Clinic

			(12 appointments) OR <input type="checkbox"/> 1-hour quiz host & 30-minute men's health information seminar with handouts
26th September	National Fitness Day	<input type="checkbox"/> Move More Sit Less Seminars OR <input type="checkbox"/> Pop-up Move More Sit Less Health Stand OR <input type="checkbox"/> Lung Function Testing	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour stand OR <input type="checkbox"/> 2-hour Testing Clinic
29 th September	World Heart day	<input type="checkbox"/> How Healthy is your Heart Seminars OR <input type="checkbox"/> What's Your Heart Age Test (includes cholesterol & blood pressure testing) OR <input type="checkbox"/> Salt Attack Awareness Seminars	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour Testing Clinic (12 appointments)
1st – 28th October	Stoptober	<input type="checkbox"/> Sensible Drinking & Drug Misuse Seminars OR <input type="checkbox"/> Pop-up 'What's in your Drink' (Alcohol) Health Stand	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour stand
1-30th October	National Cholesterol Month	<input type="checkbox"/> How Healthy is your Heart? Seminars OR <input type="checkbox"/> Pop-up Healthy Hearts Health Stand OR <input type="checkbox"/> Pop-up Cholesterol Checks	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour Testing Clinic (12 appointments) OR <input type="checkbox"/> 2-hour stand
8th – 12th October	Back Care Awareness Week	<input type="checkbox"/> Musculoskeletal Matters Seminars OR <input type="checkbox"/> Manual Handling Training OR <input type="checkbox"/> Sit Less Move More Seminars OR <input type="checkbox"/> Pop-up Move More Sit Less Health stand	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 4x Individual Training Spaces OR <input type="checkbox"/> 2-hour stand
10th October	World Mental Health Day	<input type="checkbox"/> 5 Ways to Wellbeing Seminars OR <input type="checkbox"/> Introduction to Mindfulness Sessions OR <input type="checkbox"/> Mental Health Quiz, Workshop and handouts	<input type="checkbox"/> 3x 30 -minute seminars / sessions OR <input type="checkbox"/> 2x 60-minute seminars / sessions OR <input type="checkbox"/> 1-hour quiz host & 30-minute mental health information seminar with handouts
7th November	International Stress Awareness Day	<input type="checkbox"/> Stress Awareness Seminars OR	<input type="checkbox"/> 3x 30 -minute seminars / sessions

		<input type="checkbox"/> Mental Health First Aid Training for 1 person OR <input type="checkbox"/> 5 Ways to Wellbeing Seminars OR <input type="checkbox"/> Introduction to Mindfulness Sessions OR <input type="checkbox"/> Mental Health Quiz, Workshop and handouts OR <input type="checkbox"/> Your Wake-up Call- Sleep Seminars OR <input type="checkbox"/> Healthy Behaviours Seminars	OR <input type="checkbox"/> 2x 60-minute seminars / sessions OR <input type="checkbox"/> 1x Training Space OR <input type="checkbox"/> 1-hour quiz host & 30-minute mental health information seminar with handouts
14th November	World Diabetes Day	<input type="checkbox"/> Reduce your Diabetes Risk Sessions OR <input type="checkbox"/> Pop-up Sugar Display Health Stand OR <input type="checkbox"/> A Diabetes Risk Assessment & Glucose Test	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 2-hour stand OR <input type="checkbox"/> 2-hour Testing Clinic (12 appointments)
1-30th November	November	<input type="checkbox"/> Men's Health Seminars OR <input type="checkbox"/> Men's Health Quiz & resource packs	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars OR <input type="checkbox"/> 1-hour quiz host & 30-minute mental health information seminar with handouts
December	Christmas	<input type="checkbox"/> How to stay well over Winter/ Christmas Seminars OR <input type="checkbox"/> Have yourself a Merry Little Christmas Seminar (Mental Health)	<input type="checkbox"/> 3x 30 -minute seminars OR <input type="checkbox"/> 2x 60-minute seminars

** Seminar / session capacity is based on an organisations room capacity.*

** Session delivery duration is set at two hours per event on the same site.*