

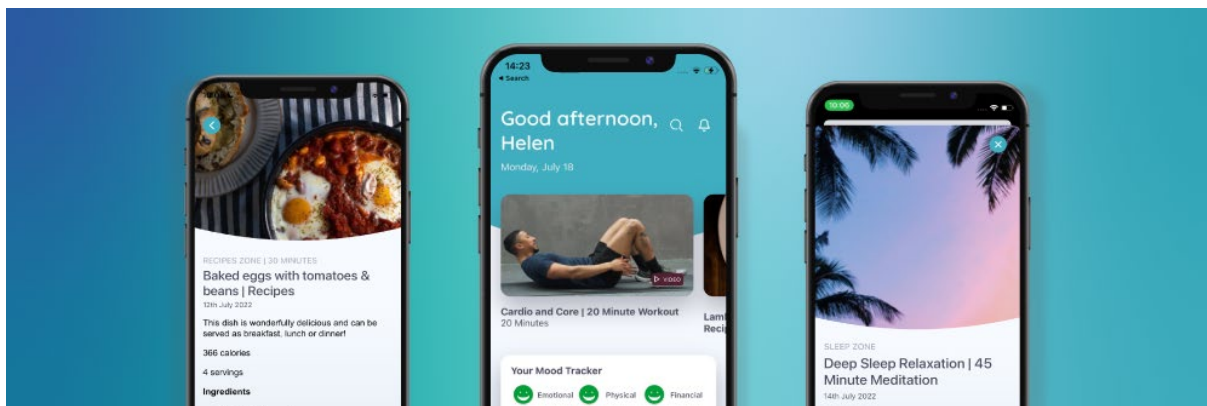
health assured

# HEALTH AND WELLBEING MONTHLY

Newsletter - July 2023

## Welcome to the latest issue from Health Assured

Supporting you and your people with the latest mental health and wellbeing advice.



**Multiple wellbeing ideas and insights - all in one app**

### **My Healthy Advantage App**

A healthy mindset is a productive mindset. Our app provides simple and healthy meal hacks, mindfulness tracking, wellbeing ideas, yoga, and so much more.

---

## **June's Q&As and Podcasts**

**The Mental Health Hour**



## Legal Concerns

Farzana Rahman

### Legal Concerns

For June, *The Mental Health Hour* discussed **Legal concerns**, which you can find as a highlight on our Instagram page. All questions and answers are available in the PDF below. Don't forget to head to our Instagram on **June 28th** for the next session on "**Relationships**"

[Mental Health Hour](#)

## Peace of Mind Podcast



## PEACE of MIND PODCAST

### Happiness

What does it truly mean to find happiness? Health Assured's Head of Clinical Support, Kayleigh Frost, discusses the matter in-depth with counsellor Sajid Iqbal.

[Peace of Mind](#)

---



## July's Webinar

### Coping with infertility, miscarriage and baby loss

In this month's webinar, we'll be exploring the subject of Infertility issues and baby loss.

---

For viewers who require subtitles, please click the settings icon.

[Watch now](#)

---

## Health Assured: Best Places to Work 2023!

In addition to being a finalist at The UK Health & Protection Awards for Best Wellbeing Provider, Health Assured has been listed as one of The Sunday Times Best Places to Work 2023!

The award highlights organisations across the country with consistently high levels of employee wellbeing.

THE SUNDAY TIMES  
**T Best Places  
to Work 2023**

THE UK  
**HEALTH &  
PROTECTION  
AWARDS** FINALIST  
Best Wellbeing Provider

## Your monthly articles



### Alcohol Awareness Week

A recent study noted that there were 342,795 hospital admissions for alcohol related issues. This year's Alcohol Awareness Week aims to highlight the effects alcoholism can have on individuals, families, and finances.

[Read more](#)



### International Non-Binary People's Day

International Non-Binary People's Day (which takes place on July 14th) is a celebration of non-binary individuals and their rights to be themselves, whether at home, at their place of work, or anywhere else they choose.

[Read more](#)

Prefer to print off these articles?

[Download here](#)

\*PDF viewer is required to open this file. Adobe Reader can be downloaded [here](#).

## Your Exclusive Monthly Download

Our monthly downloads are great assets to print off and signpost individuals to the EAP.  
This month's unique asset is 'Diabetes Awareness Week 2023'

[Download Now](#)

---

## Enhanced Services

Looking to further enhance mental health support for your organisation?  
View our full list of workshops and webinars available [here](#). To book a workshop click below.

[Enquire now](#)

---

## Free live webinars

### Your monthly MHA & BrightTV webinar:

Tue, 11 Jul, 11:00 am - 12:00 pm

---

Our in-house experts will showcase the features of our industry-leading wellbeing app *My Healthy Advantage* and preview our video series *Bright TV*.

[Book my place](#)





## Your monthly Wellbeing webinar:

Tue, 14 Jul, 3:30 pm - 4:00 pm

---

Our in-house experts will present a webinar on  
Parenthood - to be or not to be.

[Book my place](#)

### AWARENESS DAYS IN JULY

- |   |  |
|---|--|
| <b>2<sup>nd</sup></b> Thank You Day                             | <b>18<sup>th</sup></b> Mental Health Awareness Week            |
| <b>3<sup>rd</sup> - 9<sup>th</sup></b> Alcohol Awareness Week   | <b>25<sup>th</sup></b> National Schizophrenia<br>Awareness Day |
| <b>14<sup>th</sup></b> International Non-Binary<br>People's Day | <b>30<sup>th</sup></b> International Day of Friendship         |