

An award-winning UK health insurer

NEWS update



Health Insurance

Take a minute to Pause and Reset with WPA!

January 2025

PAUSE AND RESET



This new year, you might be seeing lots of messages about getting to the gym and shifting the holiday excess – at WPA, we're doing things differently.

We've launched new content on our [website](#), social media and [YouTube](#) channels on the importance of sleep, making time for ourselves, and prioritising our health.

Our aim is to help you, your families and your clients take a break, whilst understanding your physical health and mental wellbeing.

What we've focused on this month



Sleep



Time



Health

#WPAPauseAndReset #WPAPauseForSleep #WPATimeToReset #WPAPauseForYourHealth

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Rated 'Excellent' as at 16.1.25

