



Keeping your smile healthy and happy



As someone invested in the wellbeing of your clients and their employees, it's important to understand that a trip to the dentist is more than just a bright smile and how regular visits play a vital role in spotting issues early and supporting overall wellbeing.

To highlight **National Smile Month** throughout **May**, our Wellbeing Team has put together a valuable tip sheet called "**How often should you see a dentist?**", where you can discover tips to help your clients support their people.



Download your FREE copy

As part of our commitment to supporting wellbeing in your clients' workplace, we'd like to share some additional key awareness dates coming up:

4th May: World Laughter Day: Discover ways to bring joy to the workplace

[Find resources here](#)

29th May: World Digestive Day: Explore how a healthy gut is linked to overall wellbeing [Find resources here](#)

Looking Ahead:

2nd - 8th June: Volunteers Week: Discover the power of volunteering [Find resources here](#)

24th July: International Self-Care Day: Explore 6 self-care tips for a more balanced working day [Find resources here](#)



Access our full calendar

Our Wellbeing Calendar* is designed to support your client's workplace wellbeing strategy, offering resources to promote health and wellbeing to their team. View all the upcoming key health awareness dates for 2025, and find supporting tipsheets and other content to share.

VIEW FULL 2025 WELLBEING CALENDAR

Please note that the Health Shield 2024 Wellbeing Calendar is password protected. The password is "bestofhealth"

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<https://share.hsforms.com/1qEJPUnHZZ-CbZQ0x41RdSg3iqa3>

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**We're proud that our intermediaries value what we do,
and we love making your clients and their people smile.**

Our ongoing commitment to supporting employee wellbeing goes beyond just providing benefits - it's about delivering real solutions that help ease financial, physical and mental health pressures.

Please share the love by voting for Health Shield at the **UK Health and Protection Awards!**

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We're here for you. If you've got questions or need a bit of help, we've got lots of resources in our [FAQs](#) or you can email your [Account Manager](#).



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Health Shield Friendly Society Limited, Crewe Business Park, Electra Way, Crewe,
Cheshire, CW1 6HS, 01270 588555