



June Health & Wellbeing Pack

June Wellness Round-Up



June includes some key health and wellbeing dates such as Cervical Screening Awareness Week and World Environment Day. We also take a look at some of the exciting new benefits that we launched at the start of May.

For a more detailed look at some of the other key dates for June, be sure to check out our **wellbeing calendar** in association with Health@Work!

[H@W Wellbeing Calendar](#)



medicash

Introduce your recovery with this our digital physiotherapy tool

Healthcare Make a Claim

Early on Digital Vision Check

Management Support

Digital Rehabilitation

Neuro Pathways

Ocushield

keys group

adora

INTRODUCING OUR THREE NEW BENEFITS

With 37.5 million working days lost in 2025 due to work-related ill health, absence is no longer just a HR challenge, it's a significant financial risk. And with changes introduced by the Employment Rights Act 2025, where Statutory Sick Pay is now payable from day one, the cost of inaction is higher than ever.

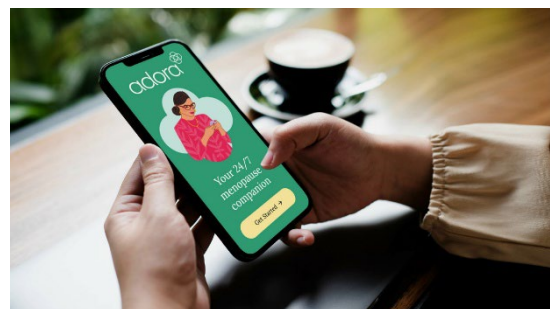
At the start of May we launched **3 new digital health benefits** that are available for all of our corporate health plan customers via the My Medicash App. These included digital vision checks with Ocushield, neurodevelopment pathways from Keys Group and menopause support from Adora Digital Health.

With access to our brand-new digital benefits, you can take a proactive approach to your employees wellbeing. When you shift from reacting to absence to preventing it, you don't just support your people – you protect productivity, reduce costs and build a healthier, more resilient workforce every day.

Here's a closer look at our three new digital health benefits:

Menopause Support from Adora Digital Health

Adora Digital Health is a clinically led digital health platform designed exclusively for women's health, supporting you through perimenopause and menopause.



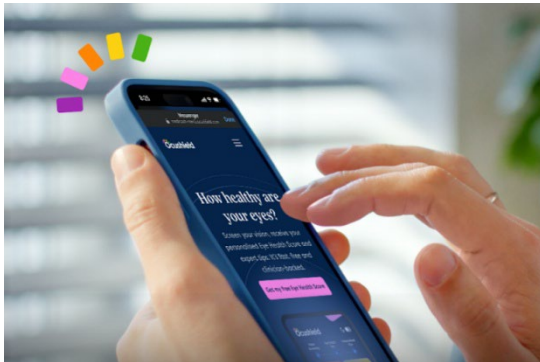
Trusted as a Class 1 Medical Device, Adora provides the tools and expert support you need to manage symptoms and feel more in control of your menopause journey.

With Adora, you can access:

- Personalised assessments

- Symptom tracking and personalised guidance
- Expert wellbeing resources, including videos and articles
- Monthly webinars
- Health reports for your GP appointments.

Digital Vision Checks with Ocushield



With the average person spending between 9 and 11 hours a day on screens, eye strain and discomfort have become common concerns. Ocushield's digital vision check helps you understand how screen time may be affecting your vision, quickly and conveniently from any device.

This informational tool takes an average of 4 minutes to complete and provides you with an indicative eye health score, tailored eye exercises to help reduce strain, and clear guidance on when to book an appointment with an optometrist.

Neurodevelopment Pathways from Keys Group

We've partnered with Keys Group to bring together a network of specialist services across ADHD360, Autism 360 and Mable Therapy.

From initial assessment through to diagnosis and ongoing therapeutic support, each service offers specialist expertise, providing a clear and



supportive pathway for children, young people and adults.

In a landscape where demand for timely and effective support continues to grow, this partnership helps improve access to evidence-based care, giving you and your family greater clarity and confidence.

[Download resources to share with your employees](#)

Find out more and read our blog:

Employment Rights Act 2025: What Does This Mean for Your Organisation?

[Click here to read](#)



Sign up to this month's webinar

Men and women can experience different patterns of health challenges, influenced by biological, social, and workplace factors. At the same time, shared risks such as stress, poor sleep, and reduced movement are impacting the workforce as a whole.

In this mProve in 30, delivered by Health@Work's Wellbeing Consultant Suzanne Wootton, we will consider these unique gender health challenges to help organisations get the best out of their

employees, to help promote a healthier, happier and more engaged workforce for overall organisational success.



In this session we'll cover:

- What “invisible health risks” are
- How they affect men and women differently
- Why these risks often go unnoticed until performance drops
- The importance of shifting from a reactive to proactive approach

Can't attend? Make sure you register and we'll send you a copy of the webinar so you can watch it in your own time or share it with others.

[Click here to register](#)

Cervical Screening Awareness Week



Cervical Screening Awareness Week raises awareness of cervical screenings, including sharing important information and tips.

Our Health@Work Women's Health Awareness course aims to empower women to holistically take control of their health and wellbeing.

To learn more, click [here](#).



Dates to keep on your radar this month

Here are some of the key wellbeing dates for June.



World Environment Day: 5 June

World Environment Day takes place on 5 June and highlights the importance of protecting our planet. This year's focus is climate change, encouraging people to think about the positive environmental impact of small, everyday actions. It's an opportunity to learn more about sustainability and how we can all contribute to a greener future.

To learn more, click [here](#).

World Blood Donor Day: 14 June

World Blood Donor Day takes place on 14 June and raises awareness of the importance of blood donation. The day recognises and thanks those who have donated previously, while encouraging more people to consider becoming donors. A single donation can make a lifesaving difference to patients and healthcare services worldwide.



To learn more, click [here](#).



Clean Air Day: 18 June

Clean Air Day takes place on 18 June and aims to raise awareness of air pollution and its impact on health and the environment. The campaign encourages people to learn more about air quality and consider simple changes that can help create cleaner, healthier spaces for everyone in our communities.

To learn more, click [here](#).

Don't miss out!

Follow Medicash Healthcare on LinkedIn for exclusive updates, important information, and wellbeing insights designed to boost the health of your workforce and support your needs.

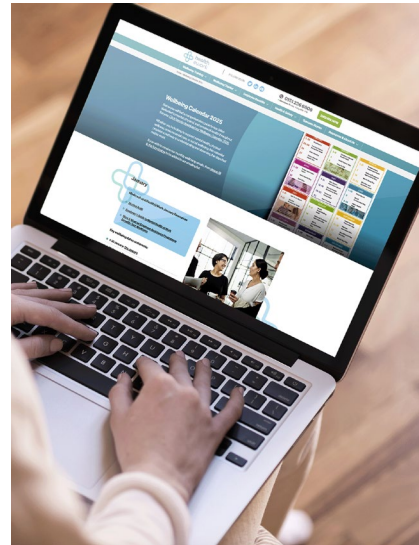
[Follow Medicash Healthcare](#)

A photograph of a person's hands typing on a laptop keyboard. The person is wearing a dark long-sleeved shirt. The laptop is silver and the keyboard is black.

The Medicash logo, which consists of a white plus sign followed by the word 'medicash' in a lowercase, sans-serif font.

2026 Wellbeing Calendar

Online 2026 Wellbeing Calendar



[Download our 2026 wellbeing calendar](#)

[View our expansive online wellbeing calendar](#)

Leave a review on Google

We welcome all feedback from our clients and policyholders. If you have a moment, please consider [leaving us a Google review here](#) to let us know what you love about Medicash and where you'd like to see us improve!

Tell us what you think

We'd love to hear your feedback on our monthly wellbeing packs. If there's something you'd like to see us include in these newsletters in the future, please get in touch with our marketing department at marketing@medicash.org.

