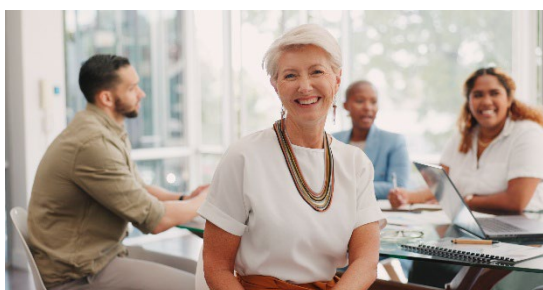




August Health & Wellbeing Pack

Summer Wellness in August



August includes some key health and wellbeing dates such as **World Breastfeeding Week** and **National Financial Awareness Day**.

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

H@W Wellbeing Calendar

National Financial Awareness Day

National Financial Awareness Day takes place on 14 August.

Our colleagues in the Health@Work team, part of Medicash, offer a range of resources on financial wellbeing, including training, a practical guide, and this month's mProve in 30 webinar.

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



Financial wellbeing training from Health@Work

Download your free guide

The Employer's Guide to Financial Wellbeing

Download here



Sign up to this month's webinar

To mark Financial Awareness Day on 14 August, join us for our mProve in 30 webinar on **Thursday 13 August at the later time of 2:00pm**. In just 30 minutes, we'll explore why financial wellbeing matters, the impact it has on employees and organisational performance, and the practical steps HR professionals and organisations can take to better support their people.

Whether you're looking to strengthen your organisation's wellbeing strategy or gain practical ideas to better support your workforce, you'll leave with actionable insights that can make a real difference.

Join us on **Thursday 13 August at 2pm!**
Can't attend? Don't worry. We'll send you the recording after the event to watch in your own time!

FINANCIAL AWARENESS: MAKING MONEY MANAGEMENT CLEAR



THURSDAY
13 August 2026



TIME
2.00 pm



[Click here to register](#)

Digital Benefit Spotlight: HealthLens



Have you discovered HealthLens in the My Medicash app yet?

HealthLens, powered by VivaScore®, is a digital health tool that uses your smartphone to provide insights into key health indicators, including blood pressure, heart rate, cardiovascular disease risk and stroke risk.

We recently spoke to one Medicash member whose HealthLens scan encouraged him to seek medical advice and make positive lifestyle changes. Since then, he has lost an incredible 5.5 stone and seen a remarkable improvement in his overall health.

[Discover](#) how a 30-second HealthLens scan changed one Medicash member's life.

[Read the full blog](#)

**Download your FREE
2026 Wellbeing Calendar**

[Download here](#)





Dates to keep on your radar this month

Here are some of the key wellbeing dates for August.



**World Breastfeeding Awareness Week:
1-7 August**

World Breastfeeding Week is celebrated globally, with the aim to inform, anchor, engage and galvanise action on breastfeeding and related issues.

Take a look at our [Health@Work Breastfeeding at Work](#) guide, which is designed to provide useful information and guidance for those breastfeeding at work.

National Allotments Week: 10-16 August

National Allotments Week is an annual initiative that aims to raise awareness of allotments and their role in helping people live healthier lifestyles, with this year's theme '**Grow to Learn**'.

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



Never Give Up Day: 18 August

Never Give Up Day is a global initiative celebrated on 18 August, dedicated to honouring perseverance, hope, and resilience.

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



2026 Wellbeing Calendar

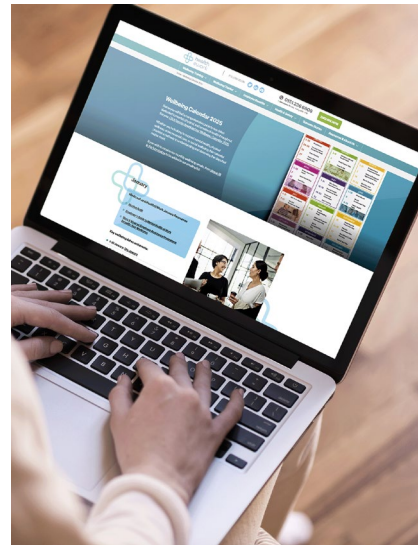


Download our 2026 wellbeing calendar

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!

Online 2026 Wellbeing Calendar



View our expansive online wellbeing calendar

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.