

Winter Wellbeing Starts Here



November includes some key health and wellbeing dates such as **National Diabetes Month, National Stress Awareness Day** and **Self-Care Week.**

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

H@W Wellbeing Calendar

Digital Benefit Spotlight: mProve YOURSELF

With National Stress Awareness Day on 4 November, why not encourage your employees to explore mProve YOURSELF via the My Medicash app?

Our digital benefit mProve YOURSELF is designed to provide you and your employees with a wide range of wellbeing tools and advice for a happier, healthier you.



Including fitness videos and mental health and mindfulness courses, mProve YOURSELF is a one-stop shop for all things health and wellbeing.

To learn more, click here.

Learn more about mProve YOURSELF



Sign up to this month's webinar

A successful workplace wellbeing approach starts with knowing what you're trying to achieve. Rather than introducing initiatives simply because they are popular or available, organisations need to understand their people's needs, identify their key wellbeing priorities and translate these into clear goals.



In this 30-minute session, we'll explore how to move from broad wellbeing ambitions to practical goals that can guide your approach, inform your activities and help you measure progress over time.

By the end of the session, participants will be able to:

- **Identify their organisation's wellbeing priorities** – Understand how to identify the key wellbeing issues and needs within their organisation and determine where to focus their efforts.

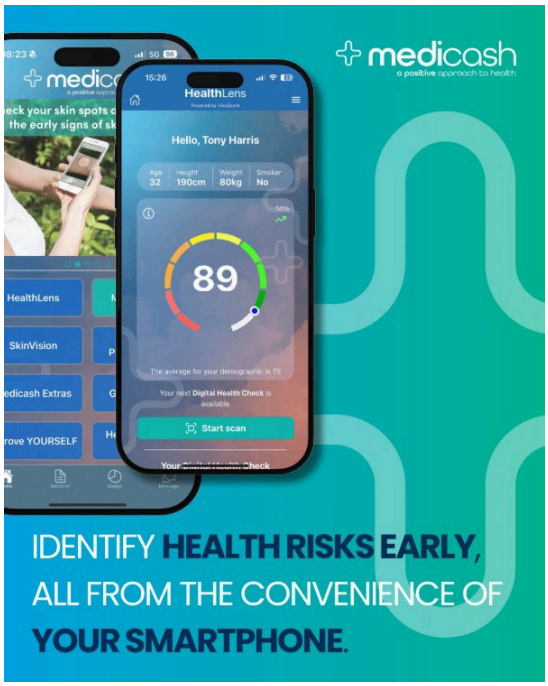
- **Turn priorities into meaningful wellbeing goals** – Translate broad priorities into clear, realistic goals that align with organisational needs and desired outcomes.

- **Build goals into an actionable wellbeing plan** – Consider the actions needed to turn wellbeing goals into practical activity and demonstrate progress.

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

Click here to register

Explore HealthLens



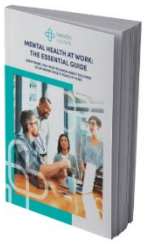
November is National Diabetes Month, a great opportunity to highlight the importance of looking after your health.

Powered by VivaScore, HealthLens makes it easy to check key health indicators from your smartphone. In just 30 seconds, it provides an indicative health score and measures indicators including blood pressure, heart rate, cardiovascular disease risk and stroke risk.
For Medicash member Phil, that quick scan was the start of an incredible health transformation.

Find out about Phil's experience in our blog.

Learn more





Dates to keep on your radar this month

Here are some of the key wellbeing dates for November.

Movember: 1-31 November

Movember takes place every November, challenging participants to grow moustaches to help raise awareness of men's health.

To learn more, click here.

World Vegan Day: 1 November

World Vegan Day was originated in England in 1994 by Louise Wallis.

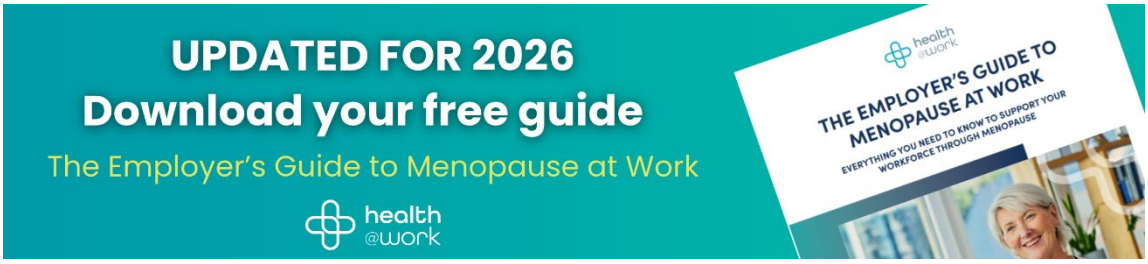
Why not get involved with your workplace?

Learn more here.

Self-Care Week: 16-22 November

Self-Care Week is a UK wide annual awareness week that focuses on embedding support for self-care across communities, families and generations.

The year's theme is "Mind & Body". To learn more, click here.

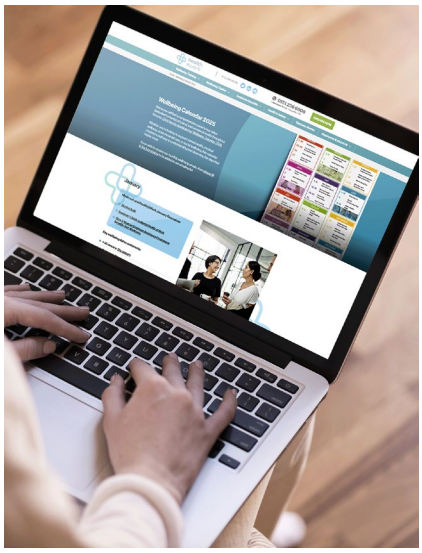


2026 Wellbeing Calendar



Download our 2026 wellbeing calendar

Online 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.



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