



wellbeing
people

working with

A Fresh Approach To Employee Wellbeing



Exclusive 10% Discount for TOM'S VIP Club Members

Discover A New Way To Feel, Live And Work With The Habits for Health Online Programme

Habits for Health is an online wellbeing programme designed to empower your employees to take control of their health and happiness.

With 12 flexible modules, this programme combines scientific research with practical experience to help your team:

- ✓ Discover the power of habits
- ✓ Build a healthier mindset
- ✓ Improve their nutrition
- ✓ Increase physical activity
- ✓ Adopt sustainable lifestyle habits

Would You Like To Know More?

Contact enquiries@wellbeingpeople.com with the reference:
'TOM sent me' to receive your 10% discount.

Prices start from £300 per year
(Access to Habits for Health for up to 99 employees inc.)



How Habits For Health Works

Access To Our Digital Learning Platform

Includes health metric tracking and the Habits for Health programme.

Anonymous Reporting

Tracks module completion and analyses questionnaire data, delivering insights and transformative statistics.

1



Onboarding Webinar

Complimentary monthly webinar that helps to engage employees in their personal health and wellbeing.

3



Habits for Health Programme

Two flexible learning pathways to complete the 12 online modules covering nutrition, mindset, lifestyle and movement.

5



Ongoing Marketing Support

Regular comms, e-invites, posters and graphics are included to engage and inspire employees in Habits for Health.

2

4

Monthly Onboarding Habits for Health Webinar

A **complimentary live monthly webinar** that helps people uncover practical strategies for **breaking free from daily struggles** and **discover how to lead a healthier lifestyle** through **simple habit upgrades**.



- 45-minute live webinar
- Delivered by one of our expert Wellbeing Coaches
- Sets the stage for longevity and long-term success
- Includes insights from Habits for Health programme
- Provides a strong foundation for embedding new, healthier habits

Insights into Habits for Health...



1 in 2
Improved
mental health

59%

Reported an
increase in energy



1 in 3
Improved work-life
balance

56%

Increase nutritional
quality