



Health

Your Health and Wellbeing Planner 2025



Planning ahead for a healthy 2025



Using the Health and Wellbeing Planner

Here's your Health and Wellbeing Planner for 2025. We've identified seven key health themes, along with a range of relevant health awareness days taking place throughout the year. These provide an essential opportunity to engage your workforce and give them a greater understanding of key health and wellbeing topics.

You may find it useful to structure your health and wellbeing strategy around these dates, which you can add directly to your own calendar from the links in the planner. Or alternatively, you can take the topic content and craft your own plan. You'll find links to all the awareness day campaign resources in the planner to help make it easier for you to plan, share and engage.

6 steps for creating an effective health and wellbeing strategy

For any health and wellbeing strategy to be effective, there needs to be a clear plan based on both the needs of your business and the needs of your people. So, while there's not a one-size-fits-all approach, there are some key considerations to get right when developing or refreshing your strategy to ensure success. Here are our top six:

1 Use all available data

Collect and analyse as much available data as you can. This includes anything from absence and sickness records to all the MI and anonymised health services usage and claims data you can request from AXA Health.

2 Listen to your people

It's also important to understand what really matters to your people. Conduct surveys, nominate health champions, carry out workplace focus groups and empower line managers to speak to their teams about health and wellbeing. All of this helps you gain valuable insight while your employees feel heard and supported.

3 Identify key health pillars

Use all the data and feedback you've collected to identify the key areas of health and wellbeing that matter most to your people and your business priorities. This may include evaluating what's working well and where else you need to focus your efforts to make the most impact. These pillars will form the foundation for you to shape your strategy and incorporate activities that engage and inspire your people.

4 Plan

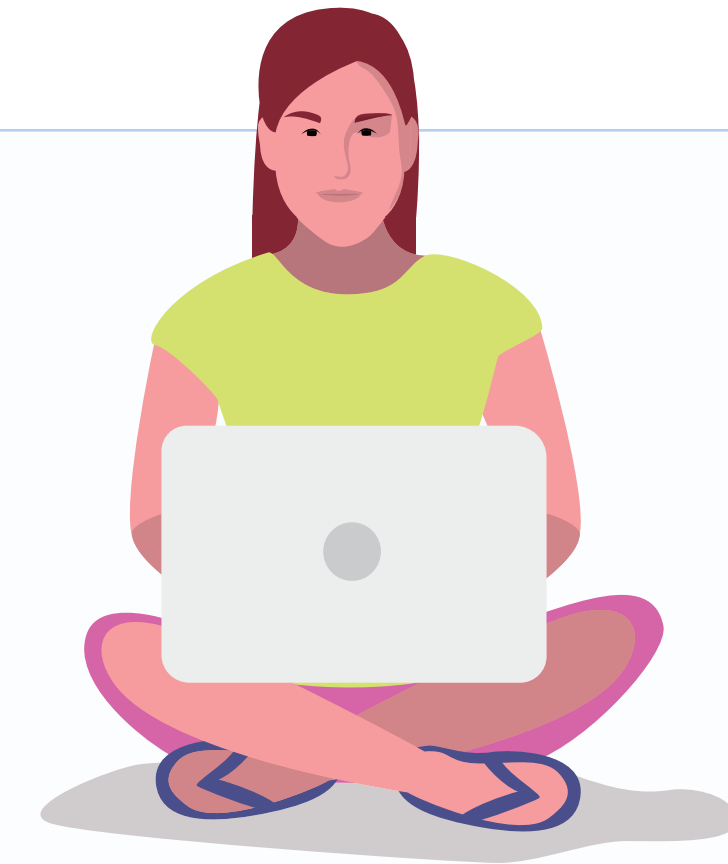
Using your health pillars as a base, you can map out a new strategy (or update your existing one) for the year ahead. Identify key milestones and dates, then plan a calendar of activities around that. Tie in the relevant health awareness days as these are a great way of keeping things current and tapping into wider initiatives that can drive greater employee engagement.

5 Engage

There's no point having a schedule of health awareness activity and support if no one knows about it, so make sure you have a clear, well-structured communication plan built into your schedule. This also helps position health and wellbeing as a business priority, which is key for engagement.

6 Repeat

Continue monitoring data and feedback to help measure the success of your health and wellbeing programme. This will help you make the right adjustments to your strategy as you move forward and can also enable you to tailor your employee engagement to meet the needs of teams with different workplace locations and hours of work. You'll also be able to see what communication channels, wellbeing campaigns and health topics are getting the most success.



Health and Wellbeing Planner 2025



Trust the experts

With AXA Health, you know you have a trusted health and wellbeing provider to deliver a portfolio of services that's right for your people.

Your employees can take full advantage of our expert-curated content, from live and recorded webinars with clinical experts, to topical articles, videos and posters you can download for your workplace.

To make it easier for you to save and share our health and wellbeing resources, you can click a simple link to add the relevant awareness day details directly from the planner into your work calendar, or share with your team.

Health and Wellbeing Planner 2025

Health awareness days



Wellbeing

Wellbeing covers everything from sleep to diet and exercise – the habits and behaviours that impact our overall health and wellbeing on a day-to-day basis. The start of the year is often a good time to reset and make healthy habits a priority.



JANUARY
Resetting healthy behaviours

ADD TO DIARY

SHARE

RELATED RESOURCES



[How to form healthy habits](#)



[Six top tips to help you make positive changes](#)



[Corporate gym membership discount offer](#)



14 MARCH
World Sleep Day

ADD TO DIARY

SHARE

RELATED RESOURCES



[Live webinar: Healthy sleep](#)

Dr Andrew Westwood, Consultant neurologist, explores sleep medicine and healthy sleep guidance.



[Sleep hub](#)



[Expert recorded webinar: Building better bedtime routines](#)



1-7 SEPTEMBER
Know Your Numbers Week

ADD TO DIARY

SHARE

RELATED RESOURCES



[Expert recorded webinar: Bringing your blood pressure down](#)

HR RESOURCES



[Workplace Health Assessments](#)

Health and Wellbeing Planner 2025

Health awareness days



14 NOVEMBER
World Diabetes Day

ADD TO DIARY

SHARE

RELATED RESOURCES



[Dealing with diabetes](#)



[Expert recorded webinar:
Identifying diabetes and
hypertension](#)

HR RESOURCES



[Diabetes awareness
wellbeing seminar](#)



2-8 DECEMBER
Grief Awareness Week

ADD TO DIARY

SHARE

RELATED RESOURCES

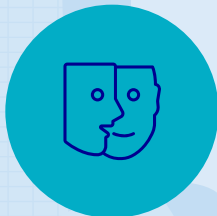


[Emotional response to grief](#)



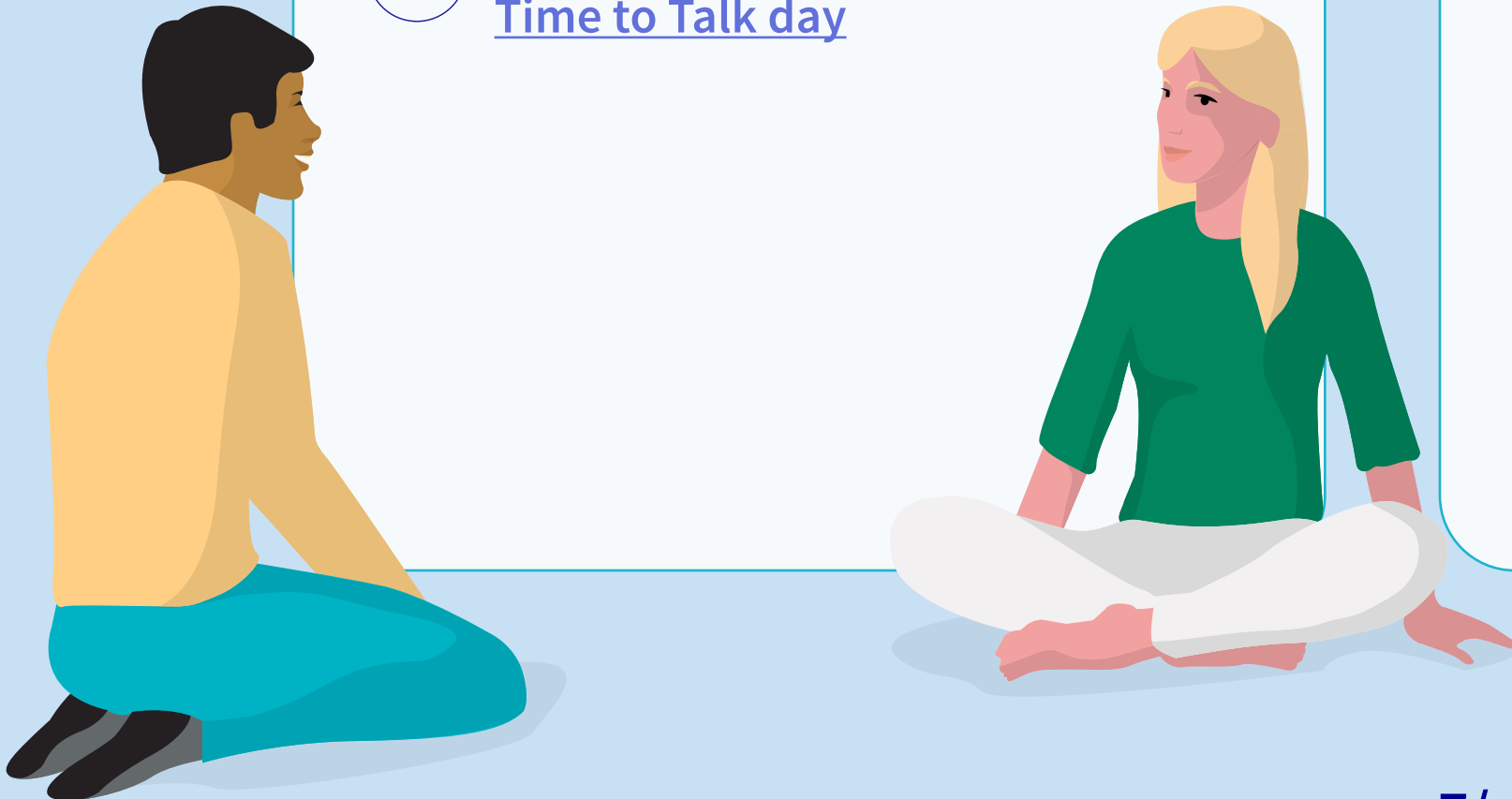
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Health awareness days



Mental health

Good mental health is vital for a positive, productive and energised workforce, yet many people are struggling with mind health difficulties. We've developed a wealth of information and practical guidance to help your people not only cope, but to flourish.



6 FEBRUARY
Time to Talk Day

ADD TO DIARY

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RELATED RESOURCES



[How to talk about mental health](#)

HR RESOURCES



[Workplace Poster: Time to Talk day](#)



APRIL
Stress Awareness Month

ADD TO DIARY

SHARE

RELATED RESOURCES



[Health Chats video: Social anxiety](#)

AXA Health mental health experts discuss understanding and managing anxiety and negative thoughts.



[Tips for managing stress](#)

HR RESOURCES



[Workplace Poster: Stress Awareness Month](#)



12-18 May
Mental Health Awareness Week

ADD TO DIARY

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RELATED RESOURCES



[Mental health hub](#)

HR RESOURCES



[Mental health in the workplace](#)



Health and Wellbeing Planner 2025

Health awareness days



10 SEPTEMBER
World Suicide Prevention Day

ADD TO DIARY

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RELATED RESOURCES



[Why we need to talk about suicide](#)



[Men and suicide - what are we going to do about it?](#)

HR RESOURCES



[Workplace Workshop: Suicide prevention in the workplace](#)



10 OCTOBER
World Mental Health Day

ADD TO DIARY

SHARE

RELATED RESOURCES



[Live webinar: Patience and wellbeing](#)

Senior Psychological wellbeing coach shares simple techniques for developing patience.



[Mental health hub](#)



[Tips for avoiding burnout](#)

HR RESOURCES



[Mental health in the workplace](#)



Health and Wellbeing Planner 2025

Health awareness days



With more than 127,000 people of working age being diagnosed with cancer in the UK every year¹, cancer care and support are a high priority, both for businesses and their employees. Our dedicated, holistic approach to cancer care includes resources and member services to help look after your workforce.



4 FEBRUARY
World Cancer Day

ADD TO DIARY

SHARE

RELATED RESOURCES



[Live webinar: Demystifying cancer screenings](#)
One of AXA Health’s cancer nurses talks about common misunderstandings.



[Cancer hub](#)

HR RESOURCES



[Workplace poster: Checking for cancer](#)



AUGUST
UVA - Sun awareness

ADD TO DIARY

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RELATED RESOURCES



[Sun damage myths](#)



[Top tips for sun protection](#)



¹ Cancer Research UK – [Cancer Awareness in the Workplace](#)

Health and Wellbeing Planner 2025

Health awareness days



Neurodiversity

Neurodiversity refers to alternative thinking styles like autism and specific learning differences such as dyslexia. 1 in 7 of us is neurodivergent², so it's important for businesses to move away from the 'neurotypical' approach to work. Explore our guides and articles for more insight and help your people better understand neurodiversity and how best to support and empower neurodivergent colleagues.



17-23 MARCH
Neurodiversity Celebration Week

ADD TO DIARY

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RELATED RESOURCES



[Expert recorded webinar: What is neurodiversity?](#)

HR RESOURCES



[Top tips on how to support neurodivergent employees working remotely](#)



² Aston University, Neurodiversity Guide, 2020

Health and Wellbeing Planner 2025

Health awareness days



Women's health

Women's health covers a wide range of topics, including menopause, fertility and menstrual health as well as mental health issues. Wellbeing priorities change over the course of a woman's life, so we have a range of services and support available to help people check in on themselves and others. And it's relevant to everyone, whether they're experiencing a women's health issue themselves, or supporting someone else.



8 MARCH
International Women's Day

ADD TO DIARY

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RELATED RESOURCES



[Women's health hub](#)



[Top tips for managing endometriosis](#)



28 MAY
Menstrual Hygiene Day

ADD TO DIARY

SHARE

RELATED RESOURCES



[Nutrition and Exercise During the Menstrual Cycle](#)



[Period health: What you need to know](#)



[What is PMS?](#)



18 OCTOBER
World Menopause Day

ADD TO DIARY

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RELATED RESOURCES



[Health Chats video: Menopause signs, symptoms and treatment](#)



[Menopause hub](#)



[Menopause symptoms, self-help and treatments](#)



[HRT guide - the menopause](#)

Health and Wellbeing Planner 2025

Health awareness days



Men's health

Men can face a variety of health concerns throughout their lives, particularly as they get older. From prostate cancer to mental health challenges, it's not always easy to recognise these health concerns. Our support services and online resources are here to help people spot the various signs and symptoms, and break down the barriers to seeking help.



9-15 JUNE
Men's Health Week

ADD TO DIARY

SHARE

RELATED RESOURCES



[Live webinar: Prostate health](#)
Stephen Mitchell, Consultant urologist, talks about maintaining good prostate health.



[Mens health hub](#)



[Health Chats video: Men's mental health](#)
Our Chief medical officer and mental health lead discuss communicating mental health to men.



NOVEMBER
November

ADD TO DIARY

SHARE

RELATED RESOURCES



[Health Chats video: Men's mental health](#)
Our Chief medical officer and mental health lead discuss communicating mental health to men.



[Prostate health and prostate cancer](#)



Health and Wellbeing Planner 2025

Health awareness days



Musculoskeletal health

Good musculoskeletal (MSK) health is vital to our overall health and wellbeing. Muscle, bone and joint conditions can affect anyone and they accounted for the second highest number of lost working days in the UK in 2022-23 (6.6 million)³. We can help you manage and raise awareness about musculoskeletal health, so you can improve productivity while helping your people to better health.



JULY
Musculoskeletal health

ADD TO DIARY

SHARE

RELATED RESOURCES



[Health Chats video: Ageing well – how to look after muscles, bones and joints](#)



[Taking a break from your screen](#)



3-7 OCTOBER
Back Care Awareness Week

ADD TO DIARY

SHARE

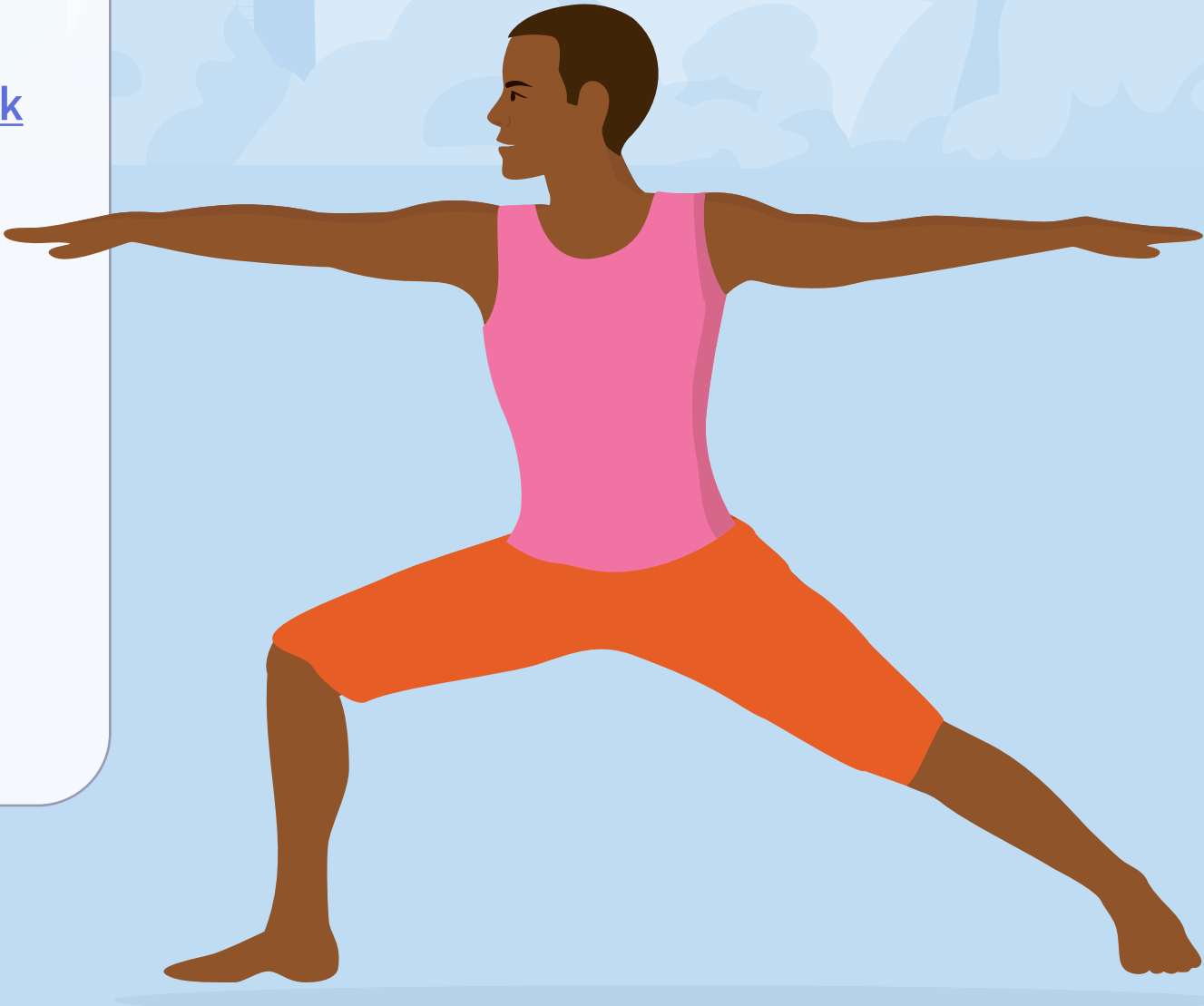
RELATED RESOURCES



[Back care hub](#)



[Top 10 exercises for a healthy back](#)



³ Health and Safety Executive – [Health and Safety at work 2023](#)

2025 Awareness Days Calendar

JAN

 JANUARY
Resetting healthy behaviours

ADD TO DIARY

FEB

 4 FEBRUARY
World Cancer Day

ADD TO DIARY

 6 FEBRUARY
Time to Talk Day

ADD TO DIARY

MAR

 8 MARCH
Int. Women's Day

ADD TO DIARY

 17-23 MARCH
Neurodiversity Celebration Week

ADD TO DIARY

 14 March
World Sleep Day

ADD TO DIARY

APR

 APRIL
Stress Awareness Month

ADD TO DIARY

MAY

 12-18 MAY
Mental Health Awareness Week

ADD TO DIARY

 28 MAY
Menstrual Hygiene Day

ADD TO DIARY

JUN

 9-15 JUNE
Men's Health Week

ADD TO DIARY

JUL

 JULY
Musculoskeletal health

ADD TO DIARY

AUG

 AUGUST
UVA – Sun Awareness

ADD TO DIARY

SEP

 1-7 SEPTEMBER
Know Your Numbers Week

ADD TO DIARY

OCT

 10 OCTOBER
World Mental Health Day

ADD TO DIARY

 3-7 OCTOBER
Back Care Awareness Week

ADD TO DIARY

 18 OCTOBER
World Menopause Day

ADD TO DIARY

NOV

 NOVEMBER
Movember

ADD TO DIARY

 14 NOVEMBER
World Diabetes Day

ADD TO DIARY

DEC

 2-8 DECEMBER
Grief Awareness Week

ADD TO DIARY



Additional wellbeing services



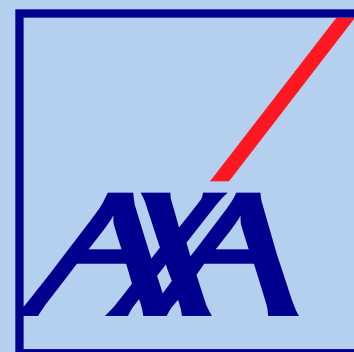
Wellbeing seminars and training courses

Offer your employees some additional support with our training courses, wellbeing workshops and seminars. You can choose from a range of topics, and all courses can be delivered remotely or in-person.

Topics include:

- mental health first aid training
- neurodiversity awareness for managers
- suicide awareness and prevention
- stress management in the workplace for leaders
- positive coping
- understanding menopause.

For a full list of courses, with an overview and pricing details, visit our website or check out our brochure here: [wellbeing workshops and seminars](#)



Health

Please keep this planner somewhere handy to help you access resources and support to drive your employee health engagement, all year round.

For an overview of your healthcare products and services, speak to your account manager to request a tailored service guide.