

Health and Well-being Calendar 2016

Educating employees across the UK

We're passionate about dental care and we like to help our clients communicate and promote the importance of good oral health to their employees and colleagues. Our aim is to keep the UK in good dental health by raising awareness with campaigns throughout the year. For 2016 our primary focus is around Health and wellbeing and how having a dental plan can contribute towards this.

For all these campaigns we will send out communications in advance with hints, tips and tools on how you can promote them within your organisations. For the latest information visit: www.denplan.co.uk/wellbeingcalendar



January - Dry January

There are some obvious benefits to giving up alcohol for a month like losing weight, saving money.... However, do your employees know how this can benefit their oral health too? Discuss this campaign with your colleagues and employees and encourage them to take up the Dry January challenge whilst reminding them to start the year with a dental check-up as part of their dental cover.

March

-  **- No Smoking day 9th**
-  **- World Oral Health Day 20th**
-  **- Smile guide**

The smile guide is an employee facing oral health magazine that we produce on an annual basis. It contains general tips on tooth care and ways those with a Dental plan can get the most out of their dental plans.

May - National Smile Month

National Smile Month runs from 16th May to 16th June 2016. It's a great chance to promote oral health to employees and the importance of regular dental check-ups. This is a perfect opportunity to promote a fun campaign with a strong message of oral health. We will be supplying electronic posters and mailing printed copies on request. We will also be creating an email aimed at discussing how employers and their staff can get involved.

September - Sugar free September

There's just no sugar-coating it – as a nation we consume far more sugar than advised and it's having a huge impact on our bodies and oral health. As we did last year, Denplan will launch our Sugar Free September campaign in 2016. This national PR campaign will encourage people to quit sugar for a month and see how much better they feel! It will also help to raise awareness of how much sugar is in our diet, the effects it can have on our health and teeth, and provide tips on how to reduce our sugar consumption.

October - Stoptober

This is an annual campaign held every year by the NHS to encourage people to stop smoking. We will be supporting the awareness of the campaign and encourage people to visit www.stoptober.smokefree.nhs.uk. From this site employees can request a free pack containing support information. This is an excellent campaign that supports our overall objective to encourage good health and wellbeing for our clients and their employees.

November - Mouth Cancer Action Month

Take part in the national campaign supported by Denplan. This is one of our largest wellbeing campaigns and we will be creating materials across a variety of online and offline channels to maximise awareness to employees, companies, and brokers.