

Email template

Service-led communication: Personal training and nutritional consultations

You can use this copy template to help you write communications to employees regarding Help@hand. Empower staff with personalised wellbeing guidance from Help@hand and remind them about the wellbeing consultations available to them to feel their best. **Please remove the red text and edit the highlighted sections as required.**

Subject: Personalised fitness and nutrition guidance, just for you

Feeling your best starts with the right support, and Help@hand makes it simple.

With 1-2-1 wellbeing consultations, you can talk to an expert about making meaningful, personal changes in your life. Your chosen expert will take the time to understand your current habits, helping you build a plan that works for you - whether it's improving fitness, building strength, returning to exercise, or making confident, balanced food choices that work for your lifestyle.

Book a personal training or nutritional consultation¹ via Help@hand and take advantage of expert guidance to help you feel stronger, more confident, and supported every step of the way.

You could include a link to your Help@hand employee guide here, which will have more details on the services available to your employees and their family members so they can learn about Help@hand in more detail. You can find Help@hand guides, along with other support materials and communications, on the Help@hand communications toolkit here: unum.co.uk/employer/help-at-hand/launch-communication/.

How can I register?



If you haven't downloaded or registered for Help@hand yet, the temporary password in your initial welcome email (from help-at-hand@squarehealth.com) will have expired.

To access the app, download it from the App Store or Google Play and reset your password using the 'Forgotten Password' option on the log in screen.

You can add the QR code into your email by downloading this from here:
<https://www.unum.co.uk/docs/Help-at-hand-App-Store-Googleplay.png>

[Your Name]

[Your Job Title / People or Benefits Team]

1. Up to six consultations per year each.

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