

Email template

Service-led communication: Lifestyle coaching

You can use this copy template to help you write communications to employees regarding Help@hand. Promoting lifestyle coaching encourages employees to use their 360 Wellbeing Score assessments, turn insights into action to build healthier habits, and stay motivated. **Please remove the red text and edit the highlighted sections as required.**

Subject: Your personal wellbeing, supported with Help@hand

No matter how busy life gets, your wellbeing should be a priority - and Help@hand is here to support you. Did you know that once you've completed just one 360 Wellbeing Score assessment, you can unlock access to lifestyle coaching sessions?

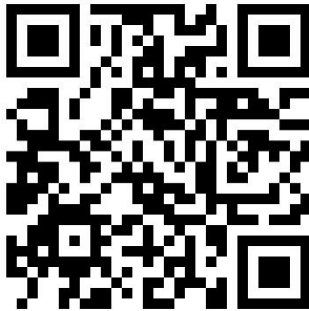
These personalised 1-2-1 sessions give you the chance to:

- Talk through your current habits and routines
- Explore what matters most to you
- Set achievable, realistic goals that fit your life

With expert guidance, lifestyle coaching can help you stay motivated, build healthy routines, and make confident choices that support your long-term wellbeing.

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]

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