



HELPING HAND:
International SOS is there to keep your organisation healthy.

Avoiding a health SOS

It is hard to think that this time last year we had little idea what was to come and could never have imagined how much our lives would be turned upside-down.

But within weeks the world was starting to see the first signs that coronavirus was becoming a serious issue and within months it went from an epidemic to a global pandemic.

We put our first alert out to clients on what turned out to be Covid-19 on December 31 2019 and by mid-January we launched the first in a series of regular informational webinars with our experts.

Covid-19 and the fallout from it has cemented how

important good health is to business.

Living through a modern-day global pandemic, we have watched it grip the headlines and leave no person or industry untouched.

Lockdown, in particular, has had a huge impact on people's health and wellbeing.

While some people were more active than ever, using their daily exercise allowance to get outside and walk, run or cycle, many others struggled.

For people who already faced barriers to being active, such as those with long-term health conditions, lockdown can potentially be even more

likely to result in a decline in physical and mental health.

Now, as we embark on a new year and with vaccines in testing and being rolled out, offering us a potential return to "normal" at some point, it is important for us to continue to look after our health and wellbeing.

Leading healthcare provider International SOS is on hand to keep you and your organisation's health in check this year with its exclusive health promotions calendar.

The occupational health solutions company has prepared a 12-month guide to healthy living and working.

Aligned to national

events and health promotions including World Cancer Day, National No Smoking Day and Stress Awareness, each calendar month comes with a healthcare focus to encourage and promote good health behaviours and actions.

This includes wellness initiatives like Dry January or campaign activities such as Move More UK – designed to get you on your feet and active.

Given the recent worldwide issues and the new way of working, the importance of the health and wellbeing of employees is recognised more today than ever.

More importantly,

organisations and employers need to look at how working environments can enhance the way people work and improve not just their productivity, but also their wellness to help business resilience longer term.

International SOS senior occupational health nurse adviser and calendar planner Sarah Reid explains: "The New Year is always a fantastic time to set new aims and goals for the year ahead. For a lot of people, this is often fitness and weight related – especially after overindulging at Christmas.

"Although January is usually a very earnest time

to kick-start new health plans, research has found that most people have normally given up their resolution by January 19.

"By sharing our health promotions calendar it means that our clients and workforce can have clear guidelines and initiatives in place and on their desk to check their health throughout the year."

■ For anyone interested in obtaining their own copy of the health promotions calendar for 2021 or finding out more about how International SOS can support your organisation's health and wellbeing, please contact Claire Westbrook-Keir at claire.westbrook@internationalsos.com

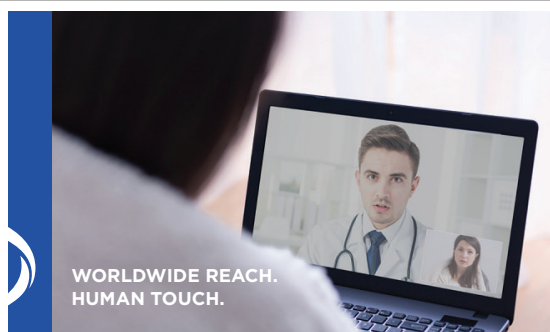
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