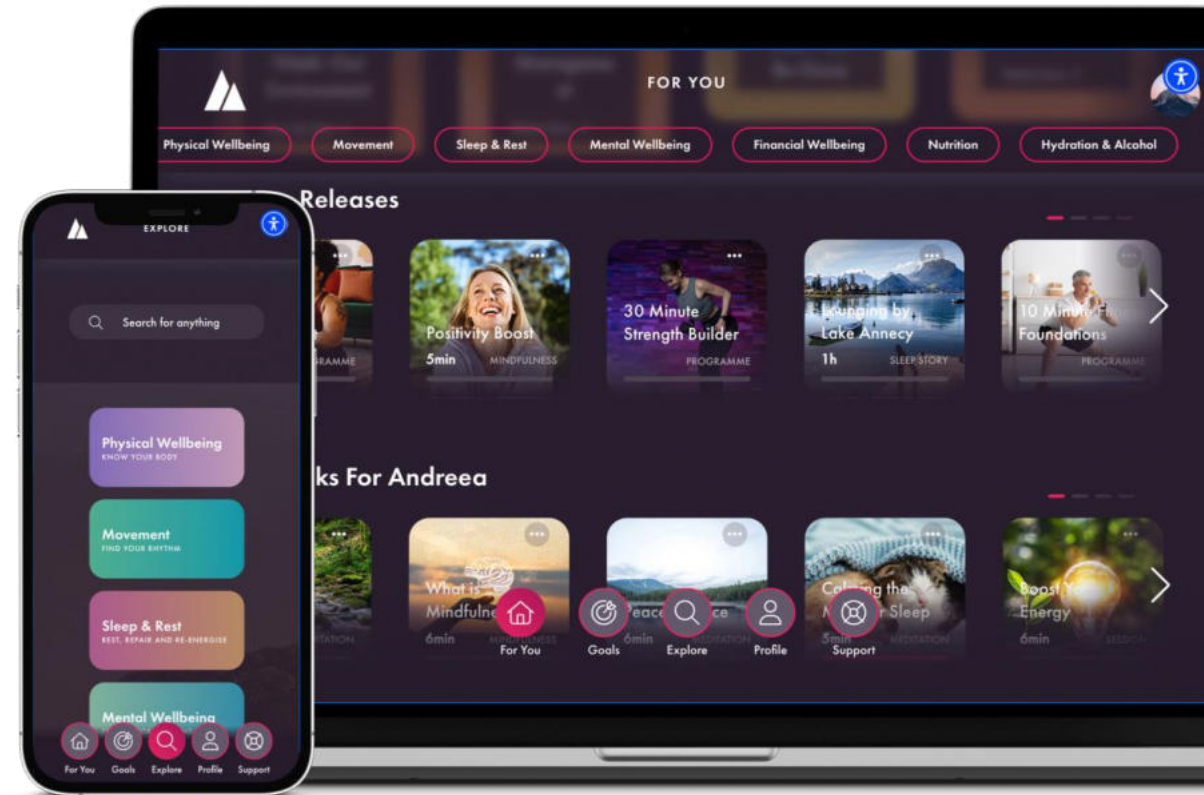


Champion Health

Managers Guide





Contents

01. What is Champion Health?

02. Why It's Great for You as a Manager

03. How It Helps Your Team

04. Why It Matters for the Whole Organisation

05. Getting Everyone Onboard – Initial Engagement

06. Keeping Wellbeing Alive – Sustained Engagement

07. Organisational Benefits & Insightful Data

08. Your 7 simple steps to Get Started

09. Knowledge Hub & FAQs

10. Who to Contact



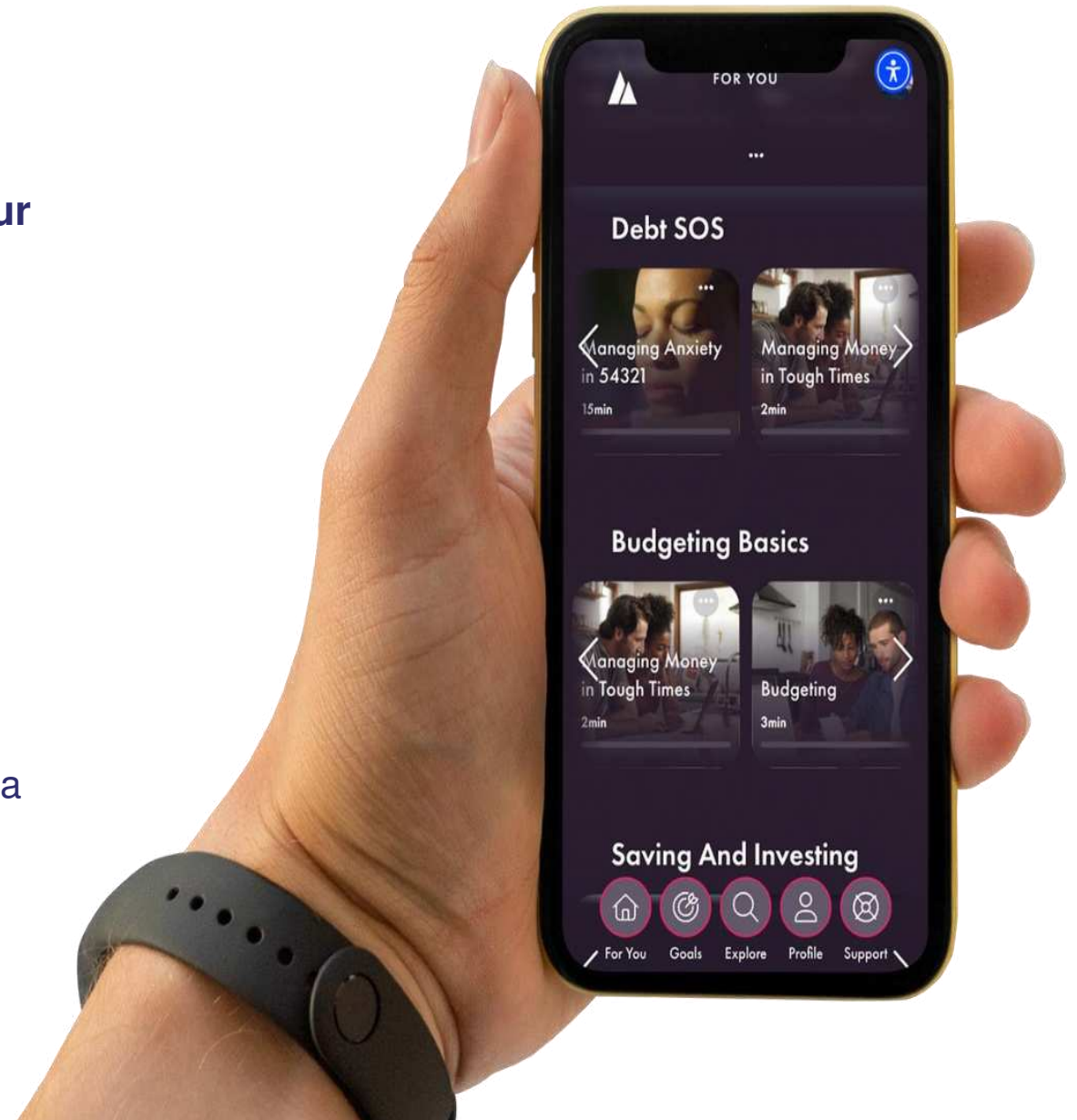
Together we want to create a world where being healthier is easier for everyone - no matter where they are and where they are from.



Objective

To give you the tools and confidence to support your team's wellbeing through Champion Health by:

- Understanding how the platform works
- Recognising the benefits for you, your team, and the organisation
- Learning how to drive and maintain engagement
- Knowing the key points around access, privacy, and data
- Taking practical steps with ready-to-use resources





What Is Champion Health?

Champion Health is your all-in-one digital wellbeing platform, designed to help you and your team feel **healthier, happier, and more energised** - both in and outside of the organisation. It offers:

- A confidential health assessment with personalised insights
- Expert content on mental health, sleep, fitness, nutrition, and more
- Short, practical courses created by health professionals
- Dashboards with personalised guidance and, for managers, anonymous team trends
- Easy access to your 24/7 helpline, supplied by PAM.

Whether someone needs a bit of motivation or more serious support, **Champion Health** is there - wherever they are on their wellbeing journey.

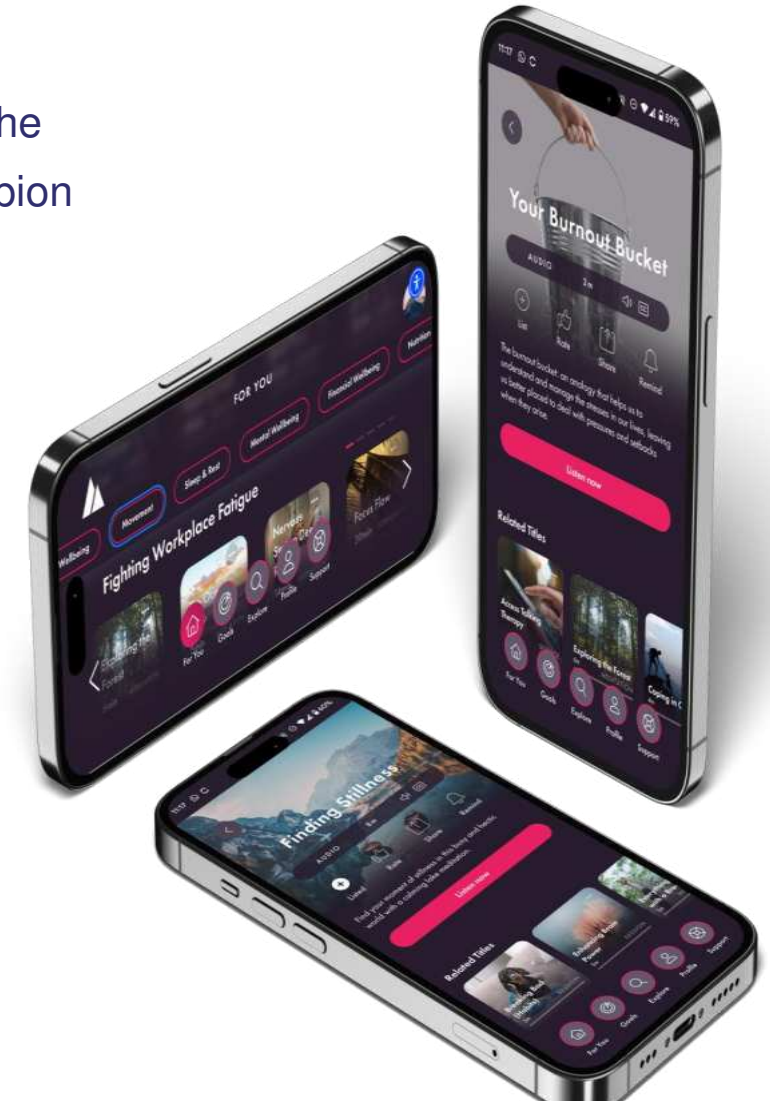


How It Helps You As a Manager

Whether you're new to Champion Health, stepping into a management role for the first time, or simply looking to **strengthen your support for your team** - Champion Health is here for you.

Here's how it can help:

- Instant access to expert guidance and practical tools
- Makes wellbeing conversations easier, more natural, and less awkward
- Helps you support your team confidently - without feeling overwhelmed
- Builds your ability to spot early signs when someone might be struggling
- Designed to save you time and reduce pressure, not add to it



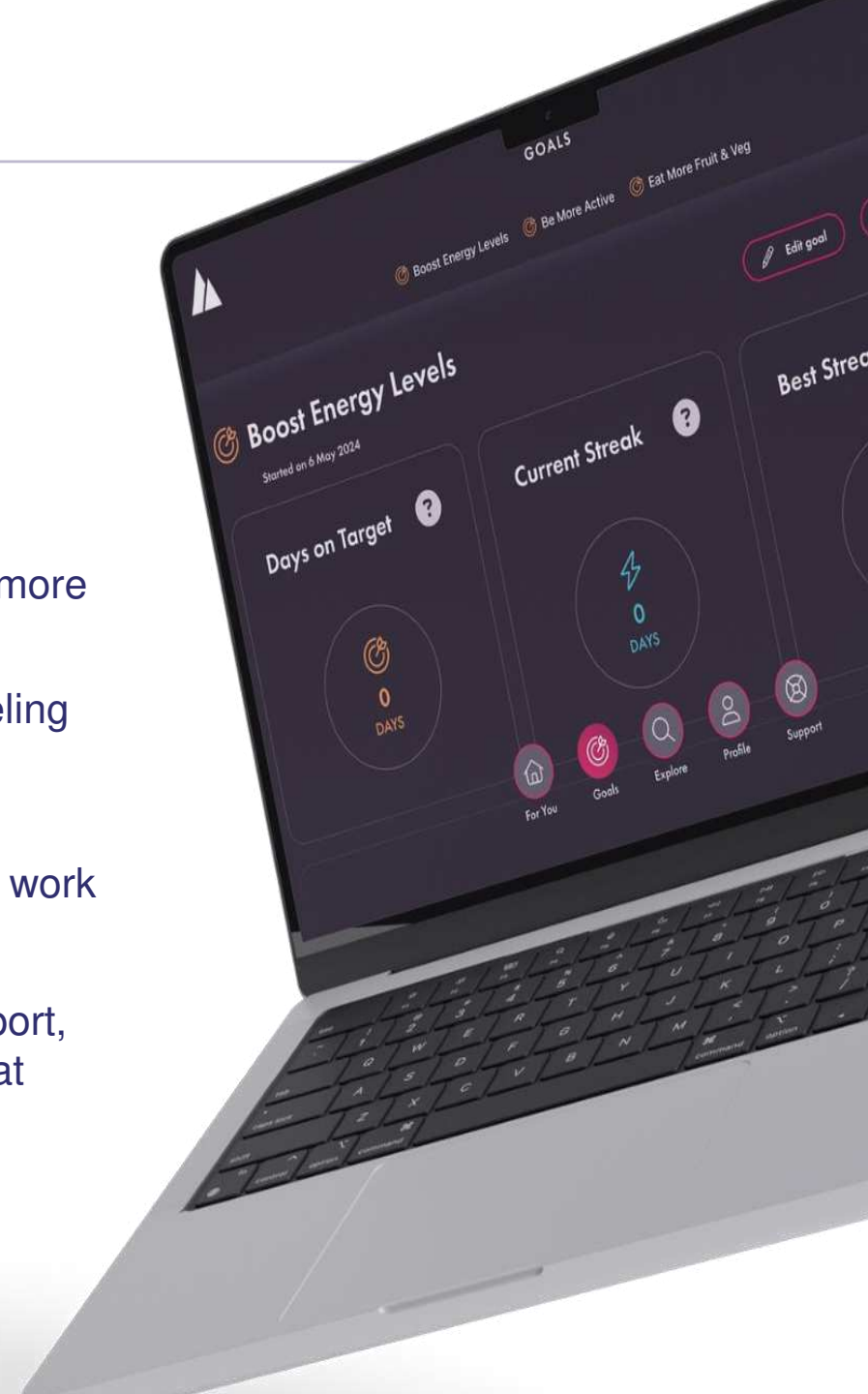


How It Supports Your Team

Champion Health gives your team a **safe, supportive space** to prioritise their wellbeing - whenever and wherever they need it.

- Personalised support across mental health, sleep, fitness, nutrition, and more
- 24/7 access to expert content, tools, and wellbeing courses
- A private space to check in and take small, meaningful steps towards feeling better
- Direct links to existing support like your 24/7 helpline
- Reinforces that your organisation genuinely cares - inside and outside of work

It's also a fantastic resource for you as a manager - helping you signpost support, start meaningful conversations, and be there for your team in the moments that matter.



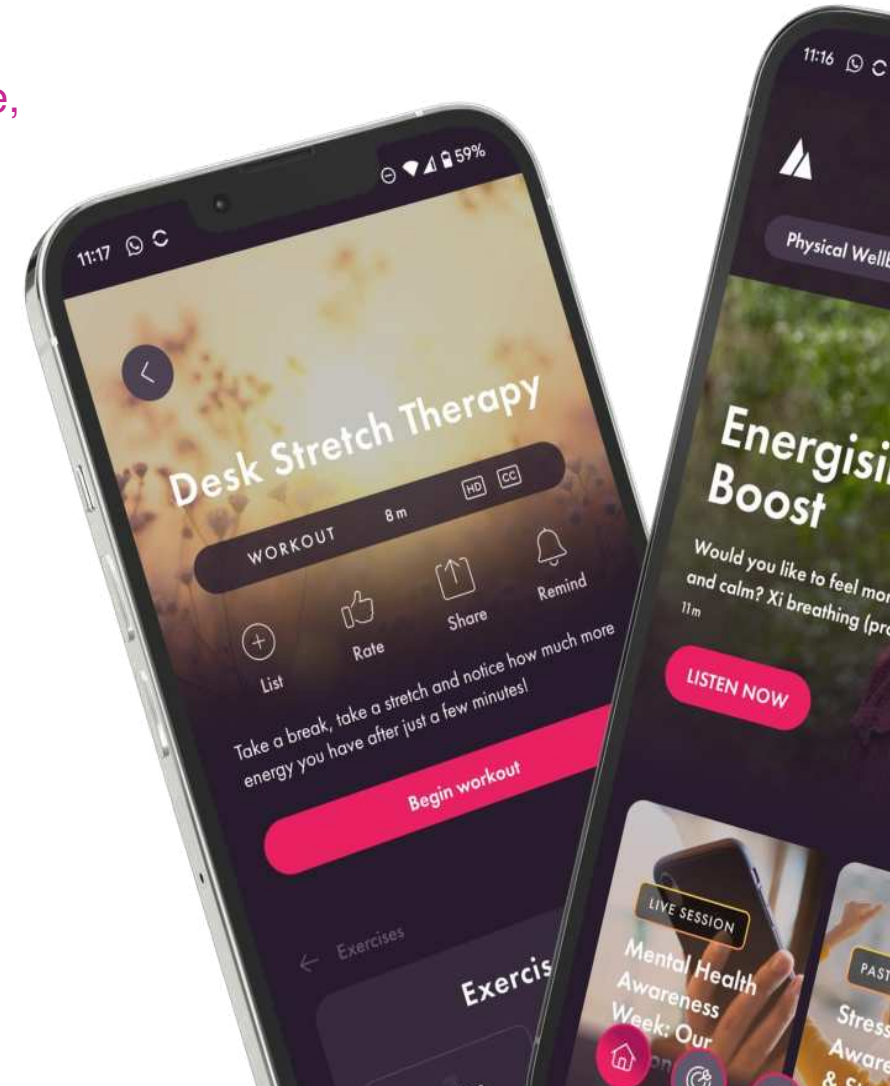


Why It Matters for the Whole Organisation

When wellbeing is part of your culture, it creates a more connected, supportive, and energised organisation.

Champion Health supports your wider wellbeing strategy by:

- Helping to foster a more inclusive and compassionate culture
- Encouraging positive behaviours that can support performance and engagement
- Offering tools that align with your commitment to caring for your people



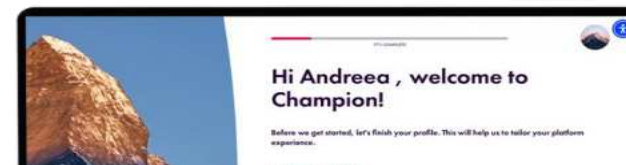
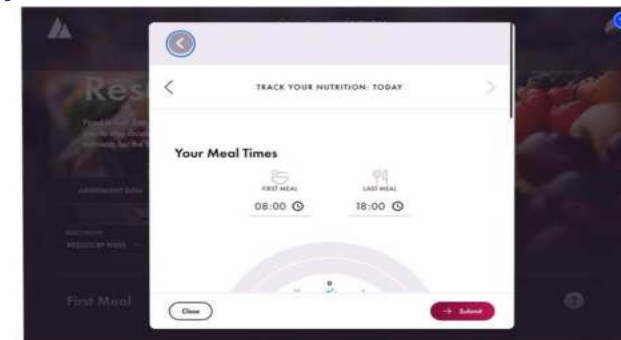
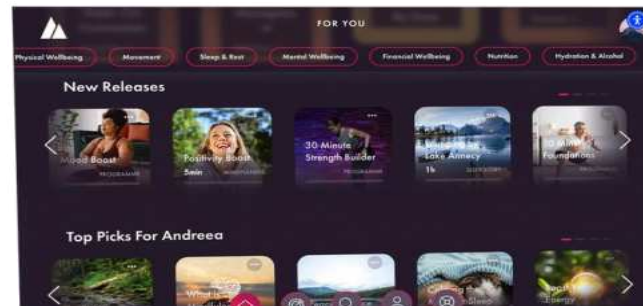


Initial Engagement – How to Launch It Well

Making a **positive first impression** matters. Here's how:

- Pre-Launch: Mention the platform in team updates or newsletters, building anticipation
- Launch Day: Log in yourself and encourage others to do the same!
- Post-Launch: Use team meetings or 1:1s to check in. Talk about what you found helpful.

💡 Tip: Leading by example goes a long way. Share something you've personally enjoyed or learned from the platform.





Sustained Engagement – Keep the Momentum Going

Wellbeing works best when it's part of everyday team life - and as a manager, you're key to making that happen! Talk about wellbeing in team meetings and 1:1s

- Share helpful content or tools from the platform
- Encourage your team to check in regularly, even for a few minutes
- Celebrate small wins, like completing a health assessment

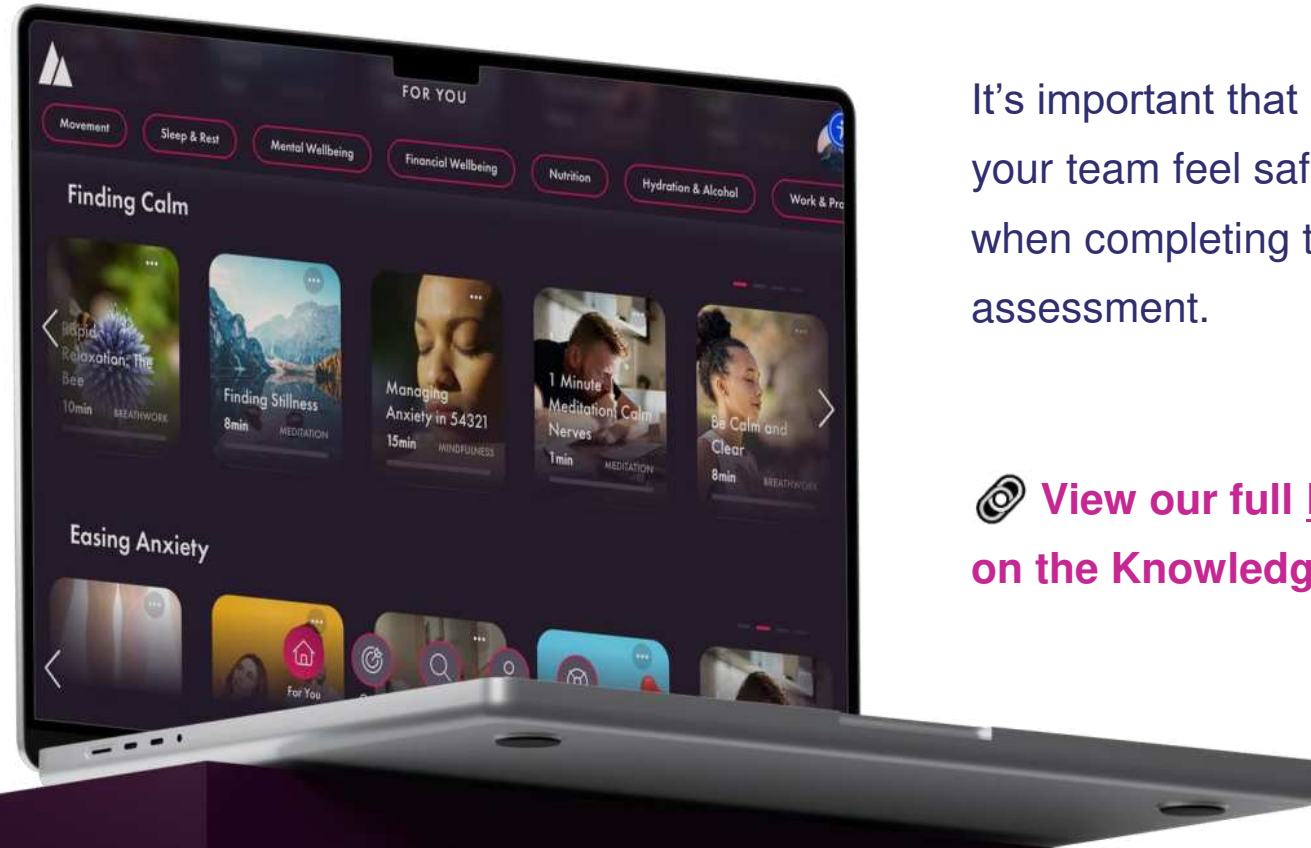
Your ongoing support helps make wellbeing feel **natural**, **valued**, and part of the way you work together.





Privacy & Confidentiality

Privacy is at the heart of Champion Health. All health data is strictly confidential - individual responses are never visible to anyone in the organisation. Those with management information access will only see anonymous, aggregated trends, so your team can engage openly and honestly.



It's important that both you and your team feel safe and supported when completing the health assessment.

 [View our full Privacy Policy on the Knowledge Hub](#)



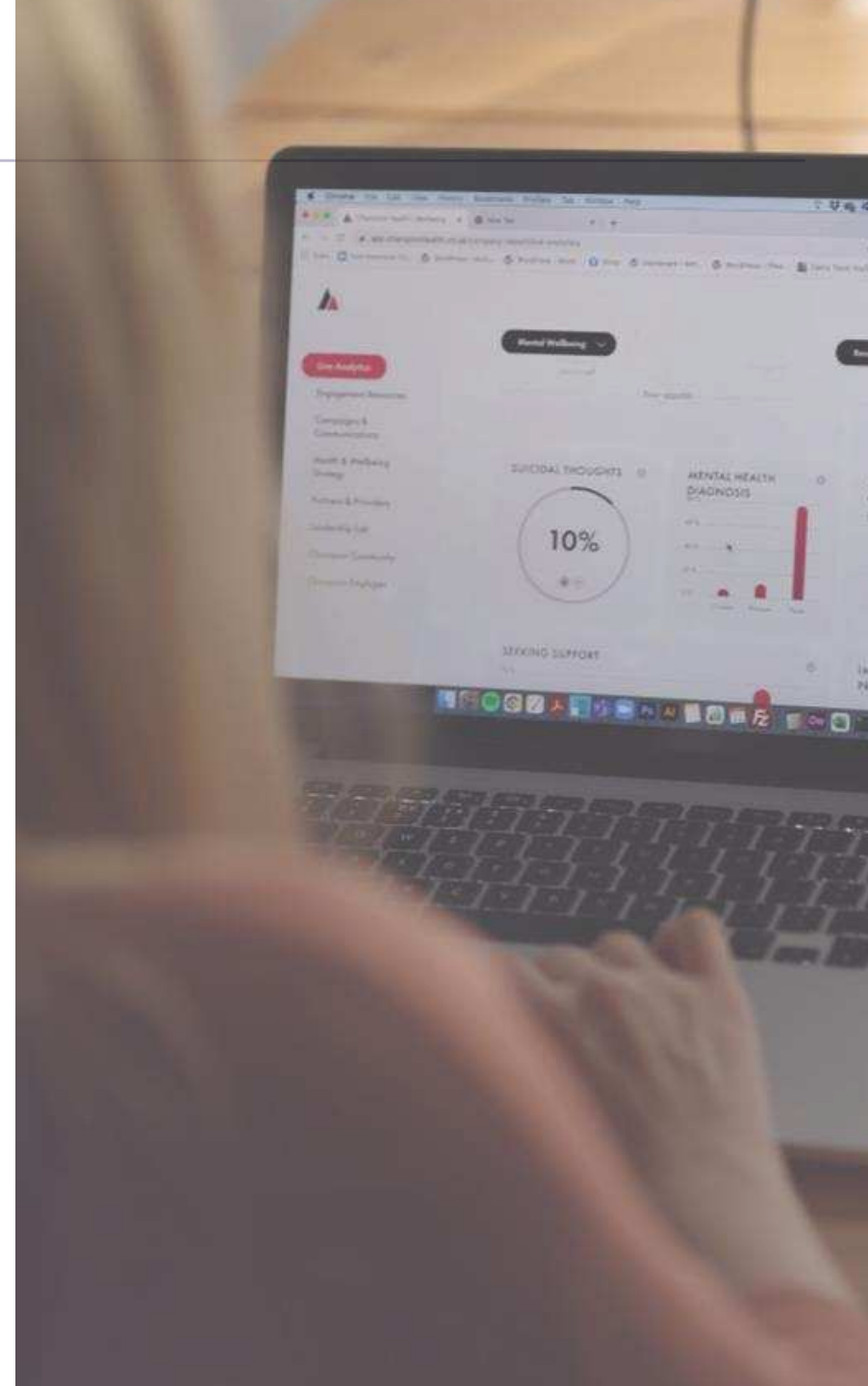
Organisation Benefits & Data Insights

By using Champion Health, your organisation aims to benefit from:

- Improved engagement and retention
- Reduced absenteeism
- More resilient, energised, happier teams!

If you have access to the Management Information, you'll be able to view anonymised wellbeing trends - helping you:

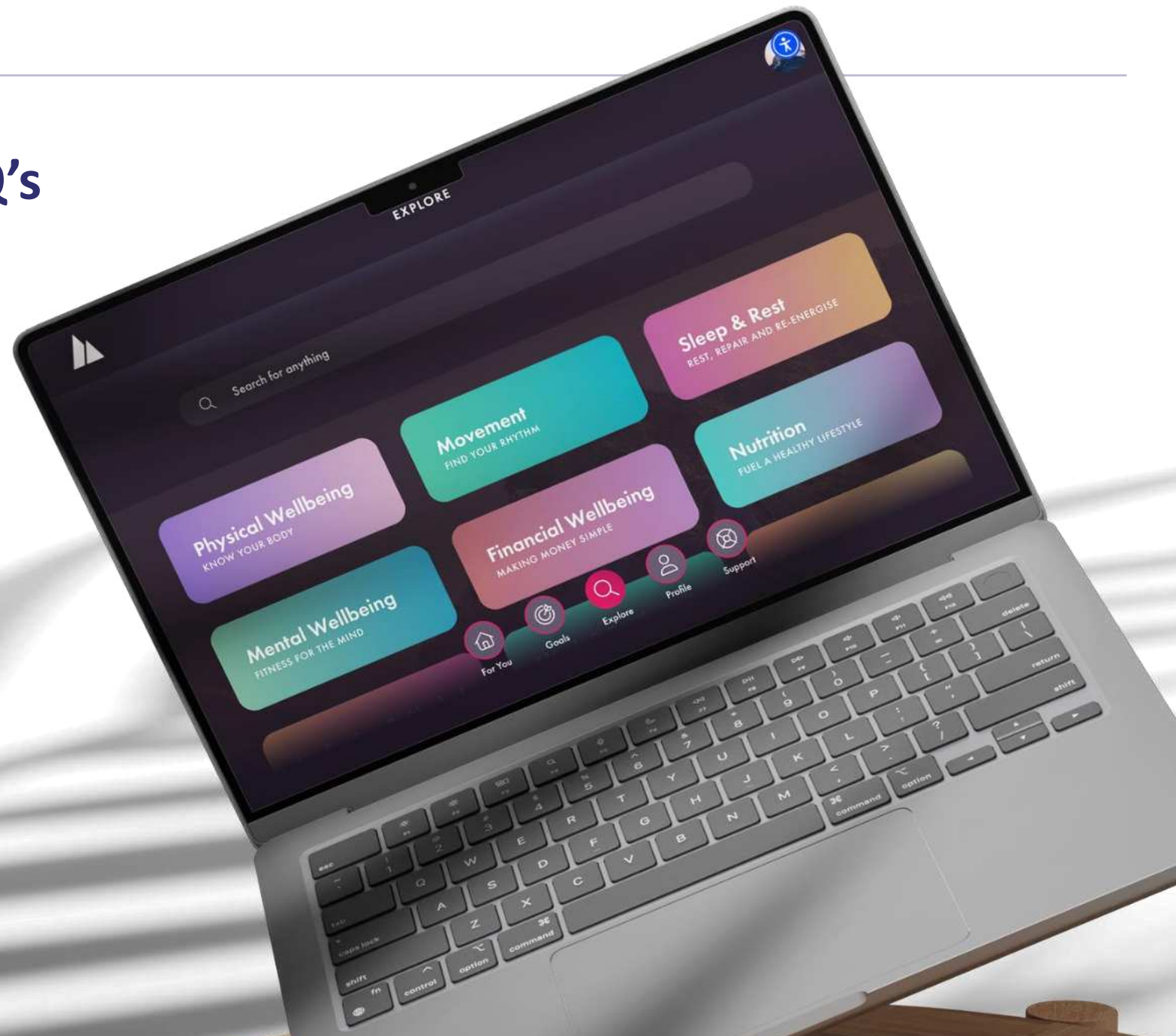
- Spot early warning signs
- Tailor your team support
- Advocate for real, meaningful change





Knowledge Base and FAQ's

Got questions? We've got answers. Our **Knowledge Base is your go-to hub for FAQs**, how-tos, and everything in between. Visit [Champion Health Knowledge Base](#) to familiarise yourself with the platform capabilities and feel confident responding to anything that comes up!





Your 7 Simple Steps to Get Started

1. Watch the Teaser Video.

A short, inspiring intro to what Champion Health offers.

2. Explore the Knowledge Hub

Get familiar with the support tools, FAQs, and best practices.

3. Log in on Launch Day

Dive into the platform — it's super easy to navigate.

4. Have a Play!

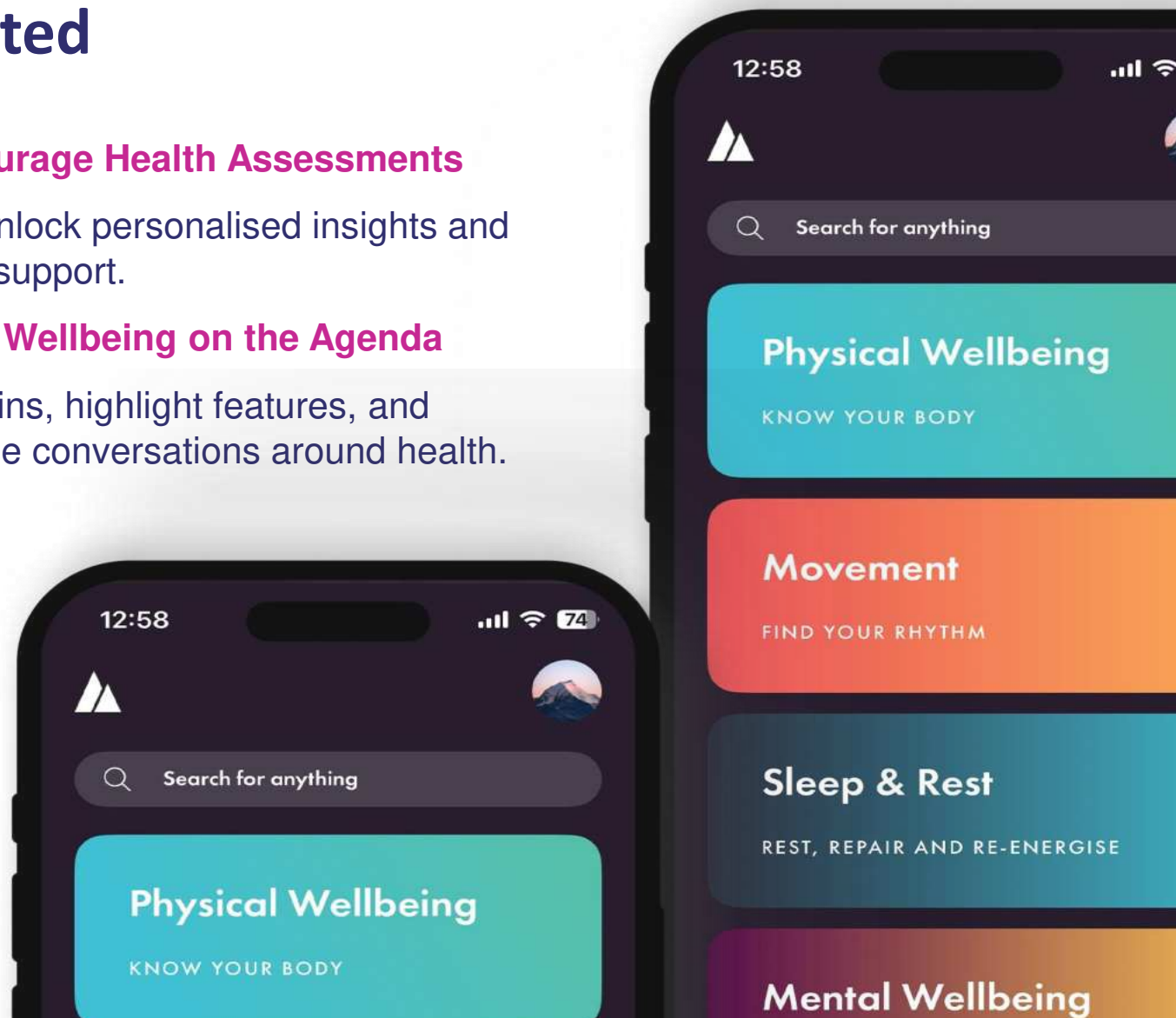
Try out some features yourself so you're confident showing others

5. Encourage Health Assessments

These unlock personalised insights and tailored support.

6. Keep Wellbeing on the Agenda

Share wins, highlight features, and normalise conversations around health.





**Champion Health is care of your people so they
can take care of your organisation**



**If you have any questions or need further support contact
PAM's Wellbeing Account Management Team:
accountmanagers@pamwellbeing.co.uk**