





WELLBEING COMMUNICATIONS CALENDAR 2026

JAN - MAY 2026 FINAL EDITION!



-  Physical
-  Emotional
-  Sickness Absence
-  Financial
- H: for HR*
- L: for Line Managers*
- E: for Employees*

As announced in May 2025, Unum joined the GEB Network as its new employee benefits partner in the UK.

This means that Generali UK is transferring the renewal rights of its Group Risk business to Unum. The Generali UK team have already been warmly welcomed into the Unum fold. And are continuing to administer in-force policies and claims to help ensure a seamless transition for everyone.

This final edition of our Wellbeing Communication Calendar forms part of that transition. And, as you've come to expect, we've included lots of valuable, up-to-date, content for HR, Line Managers and Employees – from articles to webinars and training. Everything aligned with key wellbeing awareness events in the national and global calendar.

And everything sourced, this time around, from both Generali UK and Unum.

Please reach out to eb.enquiries@generali.co.uk if you have any questions.

01-31 January

UNUM MONTHLY FEATURE



Video: UnumSync - An overview *HL*



Introducing UnumSync; One connected platform to help employers manage the everyday health and wellbeing of their employees *HL*



UnumSync - Register for updates! *HL*



WEBINAR - January 2026

Unumsync - discover insights, simplify your day!

45 minute webinar for HR and Employee Benefits professionals, presented by Unum UK.

04 February

WORLD CANCER DAY



Webinar: Cancer: Prevention and Preparation *HL*



Post-cancer return to work support: now a reality for more employees *HL*

How to support employees living and working with cancer *HL*

06 February

TIME TO TALK DAY



Webinar: Wellbeing conversations *L*

Webinar: Suicide awareness *E*

Webinar: Managing team stress & mental health *L*



Social prescribing and its role in return-to-work support *HL*

16-22 February

CANCER PREVENTION ACTION WEEK



Cancer prevention and early detection: employer support *HL*

01-28 February

UNUM MONTHLY FEATURE



Video: Introducing Help@Hand; Total health and wellbeing support for employees, all in one app *HL*

WEBINAR - February 2026

The big debate: Are you ready to keep Britain working?

45 minute webinar for HR and Employee Benefits professionals, in partnership with Unum UK.

01-31 March

OVARIAN CANCER AWARENESS MONTH



How to support employees living and working with cancer *HL*

08 March

INTERNATIONAL WOMEN'S DAY



Webinar: Movement matters *E*

Webinar: Menopause & wellbeing *E*



Training: Managing menopause *HL*

16-22 March

NEURODIVERSITY CELEBRATION WEEK



Training: Understanding neurodivergence *E*

Training: Managing neurodivergence *HL*



Neurodiversity & chronic conditions: Better employer support *HL*

01-31 March

UNUM MONTHLY FEATURE



Introducing Unum's Employer Portal; for Group Protection online claims tracking and rehabilitation referrals *H*

WEBINAR - March 2026

Why the future for cancer early detection & awareness starts at work.

45 minute webinar for HR and Employee Benefits professionals, in partnership with Unum UK.

01-30 April

STRESS AWARENESS MONTH



Webinar: Building resilience *E*

Webinar: Mastering your money mindset *E*

Webinar: Mastering burnout *E*

Webinar: Prevention of stress in the workplace *L*



How to prevent line manager burnout *HL*

Is absence the answer to workplace stress? *HL*

Stress: Making it work for us, instead of against us *HL*

How to tackle pension inadequacy *HL*

07 April

WORLD HEALTH DAY



What's it going to take to move the needle on wellbeing? *HL*

What does a healthier working life look like? *HL*

Why running a 'know your numbers' event could be a lifesaver *HL*

WEBINAR - May 2026

How is Unum walking the talk on wellbeing?

45 minute webinar for HR and Employee Benefits professionals, in partnership with Unum UK.



28 April

WORLD DAY FOR HEALTH & SAFETY AT WORK



Webinar: Managing and preventing sickness absence *L*



What does a good return-to-work plan look like? *HL*

How to create a nurturing work environment *HL*

Sustainable return-to-work, with help from Vocational Rehabilitation *HL*

Does absence management need a rethink? *HL*

The absence management practices holding back engagement *HL*

Do we always have to be 100% fit and well to be working? *HL*

How to better support employees with chronic health conditions *HL*

01-30 April

UNUM MONTHLY FEATURE



Introducing Unum's Wellbeing Hub; for mental health and cancer pathways, plus access to all resources *HL*

01-31 May

SKIN CANCER AWARENESS MONTH



Working through cancer: Better line manager support *HL*

Why cancer demands a benefit rethink *H*



11-17 May

MENTAL HEALTH AWARENESS WEEK



Webinar: Carers matter: Prioritising self-care and finding the right support *E*

Webinar: Supporting working parents with children's mental health - YoungMinds *E*

Webinar: Managing team stress & mental health *L*

Webinar: Mental fitness: Tools to flourish at work *E*



Mental health: How to improve prevention on a global basis *H*

How to stop the working carer exodus *H*

Why children's mental health should be factored into employee benefits *H*

Employer strategies for supporting parents of children with mental health challenges *HL*

Men's mental health: employers' role in offering support *HL*

Bereavement - Why sickness absence is rarely the answer *HL*

01-31 May

UNUM MONTHLY FEATURE



Introducing Unum's Wellbeing Calendar; for webinars, awareness dates and other useful support *HLE*

