

# iPSL: WELLBEING

At iPSL, the wellbeing agenda is now even more important than ever as their business is going through a huge transformational change as they migrate to processing cheques by image.

It's vital that their people take care of their personal wellbeing and iPSL is doing something to support them in achieving this.

The iPSL Wellbeing Agenda focuses on mental health, self-development and physical activity and nutrition.

The help available ranges from Health MOTs, Occupational Health and Employee Assistance Programmes, online stress courses, financial support, day trips and even a strawberries and cream treat during the Wimbledon Tennis Championships.

In September, iPSL will be holding a Workplace Wellness Challenge which is something that will score well with everyone. There will be a wide range of activities which will enable people to earn points and increase their 'tally' - these activities range from getting a healthy seven hours sleep a night to gaining a point for every 30 minutes of exercise completed.