

As part of the valuable workplace protection benefits provided by your Legal & General umbrella policy, you can benefit from the **Legal & General Care Concierge** service. This is a confidential, 24/7 helpline available to you and your family, offering expert advice and support on a wide range of issues, including:

- Financial planning
- Estate planning
- Tax planning
- Health and care planning
- Life insurance
- Pension planning
- Will writing
- Probate
- Divorce
- Family disputes
- Personal injury
- Employment law
- Personal services
- Legal services

Call the Medical Information Line
Freephone 0800 316 9337

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Call Care Concierge
Freephone 0800 608823

NOVEMBER
Talk Money Week

In November we mark Talk Money Week. It's a time to focus on your financial future and to ensure you have the right advice in place. That's why every year, Talk Money Week – 'Financially November' – encourages people to get ahead.

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JULY
National Simplicity Day

On 15th July, we mark National Simplicity Day. Although an unofficial day, National Simplicity Day asks us all to take a step back from our hectic lives and to simplify.

To try to keep your life simple, you can benefit from the **Legal & General Care Concierge** service. This is a confidential, 24/7 helpline available to you and your family, offering expert advice and support on a wide range of issues, including:

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MARCH
Dementia UK's 'Time for a Cuppa' week

In March we mark 'Time for a Cuppa' week. This is a time to focus on your mental health and to ensure you have the right advice in place. That's why every year, 'Time for a Cuppa' week – 'Mental Health March' – encourages people to get ahead.

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MAY
Mental Health Awareness Week

In May we mark Mental Health Awareness Week. This is a time to focus on your mental health and to ensure you have the right advice in place. That's why every year, Mental Health Awareness Week – 'Mental Health May' – encourages people to get ahead.

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APRIL
World Health Day

On 7th April we mark World Health Day. This is a time to focus on your physical health and to ensure you have the right advice in place. That's why every year, World Health Day – 'World Health April' – encourages people to get ahead.

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Take a look at the Care Concierge website: legalandgeneral.com/careconcierge

OCTOBER
World Smile Day

In October we mark World Smile Day. This is a time to focus on your mental health and to ensure you have the right advice in place. That's why every year, World Smile Day – 'World Smile October' – encourages people to get ahead.

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Take a look at our umbrella benefits, here: legalandgeneral.com/employee-benefits/umbrella-benefits

JANUARY
National Mentoring Month

In January we mark National Mentoring Month. This is a time to focus on your professional development and to ensure you have the right advice in place. That's why every year, National Mentoring Month – 'Mentoring January' – encourages people to get ahead.

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Call the Manager Consultancy Service
Freephone 0800 316 9337

FEBRUARY
Valentine's Day

On 14th February, we mark Valentine's Day. This is a time to focus on your personal life and to ensure you have the right advice in place. That's why every year, Valentine's Day – 'Valentine's February' – encourages people to get ahead.

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DECEMBER
National Grief Awareness Week

In December we mark National Grief Awareness Week. This is a time to focus on your emotional well-being and to ensure you have the right advice in place. That's why every year, National Grief Awareness Week – 'Grief December' – encourages people to get ahead.

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SEPTEMBER
World Alzheimer's Month

In September we mark World Alzheimer's Month. This is a time to focus on your cognitive health and to ensure you have the right advice in place. That's why every year, World Alzheimer's Month – 'Alzheimer's September' – encourages people to get ahead.

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Employee communication

As part of the communication support we can provide to your SME clients who have purchased a Legal & General Group Protection product, we've created 12 screensavers to help them actively raise awareness of the wellbeing services that are included as part of the workplace protection benefits that they've invested in.

The screensavers pair a National Health Awareness date with signposting to corresponding wellbeing services that their employees now have access to, empowering them to actively manage their physical and mental health both today, and in the future.

Speak to your Sales Consultant for more information

