

Health and Wellbeing Program 2025 Calendar

Safety

Be safe and well

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January–February



Embracing a fresh start in 2025

Start the New Year with a renewed focus on health and wellbeing. Team members have access to our Employee Assistance Program (EAP), the Health & Wellbeing Hub, and Thriving Minds e-learning to help them kickstart 2025 with energy and purpose. This year, let's embrace the power of a fresh start.

March–April



Arm yourself this flu season

Prepare to tackle flu season head-on. Free flu shots are available for all Australia Post team members, licensees, and contractors. Stay healthy and protected as we move into the cooler months. Visit ourpost.com.au/wellbeinghub

May–June



Driving wellbeing forward with Healthy Heads in Trucks & Sheds

We're shining the spotlight on the mental health of our industry. Access tailored resources designed by the Healthy Heads in Trucks and Sheds Foundation to help you to better look after yourself and those around you.

Visit www.healthyheads.org.au

July–August



Kickstart your financial wellbeing

As the new financial year begins, reassess your financial goals and set a plan for success. Participate in a webinar series with Australian Super and Converge, covering budgeting, retirement planning, and more. Explore the Money Assist EAP stream for personalised financial coaching to build a secure future.

September–October



Connection starts with a question

Mark R U OK? Day on 11 September and join the conversation about mental health and connection. Attend an enterprise-wide event to learn how to ask, listen, and support. Throughout Mental Health Month in October, engage with resources to champion positive mental health.

November–December



Embrace good wellbeing habits during Peak

As we enter Peak 2025, prioritise your wellbeing with practical tips and strategies. Remember to Pause, Breathe, and Reset during busy times. Let's support each other and remember to "Be a friend" with our 4 safety promises:

- 1 In the RED
- 2 In my HANDS
- 3 Me 2 YOU
- 4 Just ASK

Visit our Health and Wellbeing Hub for further information on all of our campaigns and to access a wealth of wellbeing resources. Head to ourpost.com.au/wellbeinghub

Visit our EAP Hub to learn how this service can provide coaching for your wellbeing across many aspects of your professional and personal life. Head to ourpost.com.au/eap