



CONNECT WEEKLY

Issue Number 40

Momentum supports its Workforce

Choose Health 

Live Well 



Alana Dunican, HR Director – A reminder to everyone to download My Healthy Adventure app featuring

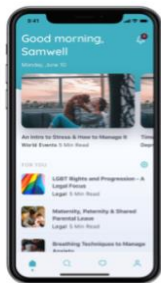
Use code **MHA112890** to download

- Support videos and webinars
- Mood tracker
- Four-week programmes
- Home life support and advice
- Work life assistance information
- Physical and emotional health
- Mini health checks
- Life Support
- Medical

The My Healthy Advantage mobile app

The health and wellbeing mobile app provides an enhanced set of wellbeing tools and engaging features. The features are designed to improve the user's mental and physical health by using personal metrics to set goals and achievements.

- Wellness**
 - Weekly mood tracker**
Track moods on a weekly basis in relation to physical, mental and general wellbeing, and push notifications remind users to log a few days on feeling better or worse, including the last few weeks of events, and users are prompted to reflect.
 - Four-week plans**
Support with gaining strength, losing weight and coping with pressure. Users will also also be notified on their progress and track daily metrics at the end of each week.
 - Mini health checks**
Covering topics such as health, sleep and mental health where the user can register their completed and pending health checks.
- User wellbeing**
 - Personalisation**
Specify preferences and select topics to personalise a personalised newsletter with tailored resources and learning material based on the users' interests, such as education or childcare.
 - Support**
Contact health, assisted confidentially via phone, callback requests, email or message the chat within the app. If requesting contact, the user can choose how they would like to be reached.

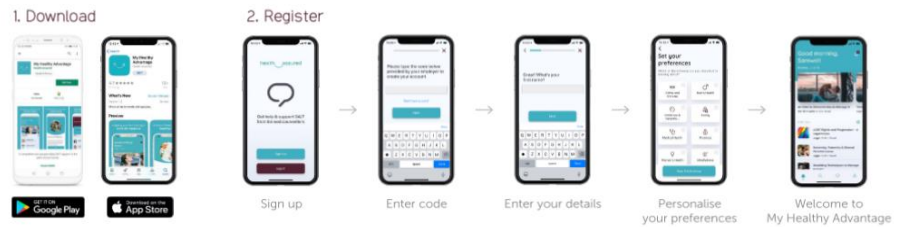


Download and register today
health assured

Engage code:

Download & register My Healthy Advantage

Our new health and wellbeing mobile app provides an enhanced set of wellbeing tools and engagement features. Follow these simple steps to download and register your My Health Advantage app.



Your healthy advantage

Health Assured - Download & Register - Company Confidential ©

health assured

Momentum supports its Workforce through signing *Elevate Pledge* - to build a more inclusive workplace.

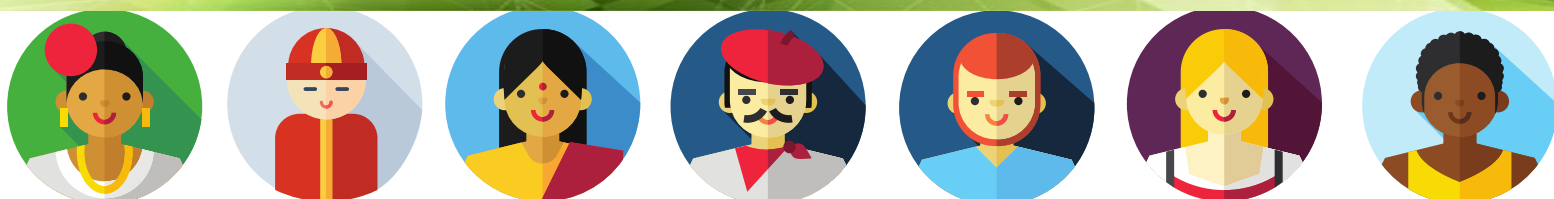
On May 20th 2021 Momentum Support were one of 45 companies to sign the Business in the Community Ireland *Elevate*, a new Pledge to support businesses to build more inclusive workplaces. The aim to build a workforce that is reflective of all members of Irish society.



[Click the link to learn more](#)

As part of the Elevate Pledge launch, BITCI commissioned Deloitte Ireland to prepare a research report '*Diversity and Inclusion in Focus*' which provides insights on why social inclusion is becoming a priority for business, the challenges and barriers to inclusion and, how Irish businesses can improve inclusion now and in the future. To listen to the replay, visit the link below.

Launch of
[ELEVATE - THE INCLUSIVE WORKPLACE PLEDGE](#)
20th May 2021





CONNECT WEEKLY

Momentum supports the Environment through leading by example as pioneers of change within Fleet Management inclusive of three Electric Vehicles and charge points installed in Momentum House.



Trend setting as Pope Francis orders his first electric popemobile

Click on the link below

[Popetogoelectric](#)



Everyone can play a part to reduce consumption and emissions. At work or at home. Some suggestions:

- Switching off lights and equipment when not in use/ when leaving a room.
- Drive carefully (reduce your speed, accelerate gradually, change gears smoothly)
- Do not leave engines idling
- Consider sharing car journeys (Always consider Covid 19 Regulations first)
- Load vehicles to their optimum, to reduce the number of delivery journeys
- Ask the question- Is this necessary? Consider the Economy, Social & Environment.

Momentum supports its Communities through fundraising Teddy Hope

DONATE 2/€ 5 FOR A CHANCE TO WIN PLUSH TEDDY HOPE

TEDDY BEAR HOPE IS SOFT AND FLUFFY. HE IS ALWAYS FRIENDLY. HE WEARS A CUTE PATTERNED BOW TIE. HE HAS A CUTE FACE WITH A SOFT SNUB NOSE. HE IS 30CM TALL. THE WINNER WILL RECEIVE TEDDY HOPE IN HIS ORIGINAL BOX UNOPENED.

FUNDS RAISED WILL GO TO MOMENTUM SUPPORT MENTAL HEALTH CHARITY PARTNERS SUICIDE OR SURVIVE SOS OR PIPS BELFAST.

FOR 2/€ 5.00 YOU RECEIVE SIX CHANCES IN TEDDY HOPE DRAW. JUST FILL IN NAME ETC.. RETURN SITE CSR TICKET LISTS AND MONIES THROUGH CONTACTING:

verona@momentumsupport.eu

OR VISIT GO FUND ME LINK BELOW

<https://gofund.me/788b354d7>

Congratulations

Sharon Condron, Site Manager, Dublin Airport. Winner of Teddy Hope. Sharon kindly would like to donate Teddy Hope to a Children's Charity.

Please email CSR if you would like to nominate a Children Charity to receive Teddy Hope....Verona@momentumsupport.eu

Thank you to each person who helped raise **225 Euro for Suicide or Survive, SOS**

DISABILITY AWARENESS WEBINAR



[Interview with Christabelle Feeney, Director of Employers for change by Employers for Change \(soundcloud.com\)](#)

Momentum Support are a founding member of Open Doors Initiative

