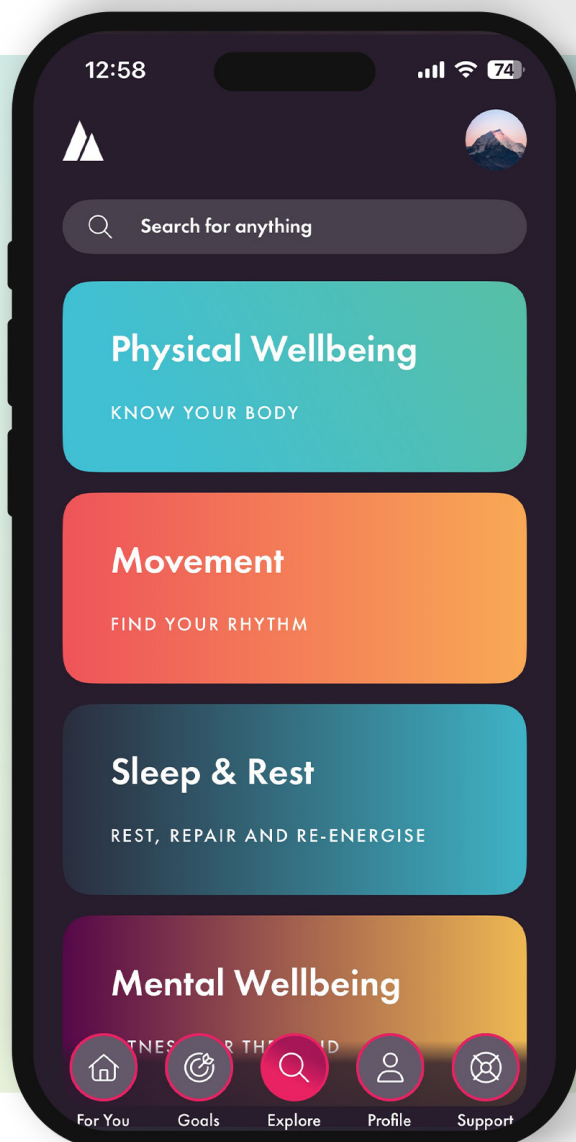




PAM Wellness

Powered by

 **championhealth**



PAM Wellness App

We offer health and wellbeing support through our online resources available on the app, which includes:

Live Chat:

Connect with expert support by talking to our counsellors to get mental health support when you need it most.

On Demand Wellbeing Support:

Access workouts, company challenges, meditation sessions, recipes and more!

Time-Efficient Training:

Find short, evidence-based modules designed to fit around your busy schedule and deliver maximum impact.

Download and Register Today

Download the **Champion Health App** for 24/7 employee support at app.pamwellness.co.uk



Download on the
App Store



GET IT ON
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5 Simple Steps to Sign Up

- 1 Go to app.pamwellness.co.uk
- 2 Insert your organisational code:
- 3 Create your login account details using your **email address** and a secure password
- 4 **Validate** your account via the notification email
- 5 **Login** using the email address and password created when registering