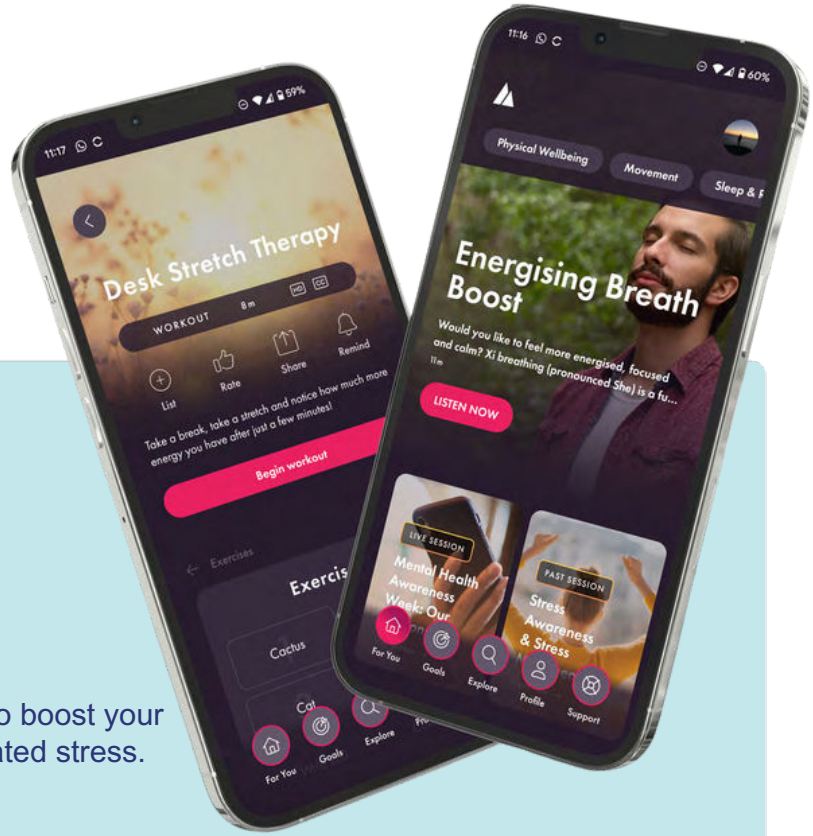
PAM Wellness

Powered by championhealth

Empowering staff to influence daily habits and take charge of their wellbeing.



Champion Health App

Live Chat:

Connect with professional 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 evidence-based modules designed to fit around your busy schedule and deliver maximum impact.

Monthly Masterclasses

Join our free monthly masterclasses to support your overall health and wellbeing.

Financial Wellbeing:

Explore practical guidance and resources to boost your financial awareness and reduce money-related stress.

Expert-Led Content:

Watch informative, current and trending videos, and/or read articles written by leading professionals across the mental, physical and workplace health sectors.

Download on the App Store

GET IT ON Google Play

Download the Champion Health app or visit **app.pamwellness.co.uk.**

24/7

PAM Wellness

Champion Health App

Prioritise your health today with the **Champion Health App.**
Follow the steps opposite to access goal-setting tools to improve your health and wellbeing.

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5 Simple Steps

1. Go to app.pamwellness.co.uk
2. Insert your organisational code: HMPPS1
3. Create your login account details using your **email address** and a secure password
4. **You'll be asked to create a four digit passcode.** This is a passcode unique to you and, created by you. It should consist of four numbers. You will be asked to input this four digit passcode every time you log in as an extra level of security for your account
5. **When revisiting Champion Health**, login using the email address, password and four digit passcode your created when registering