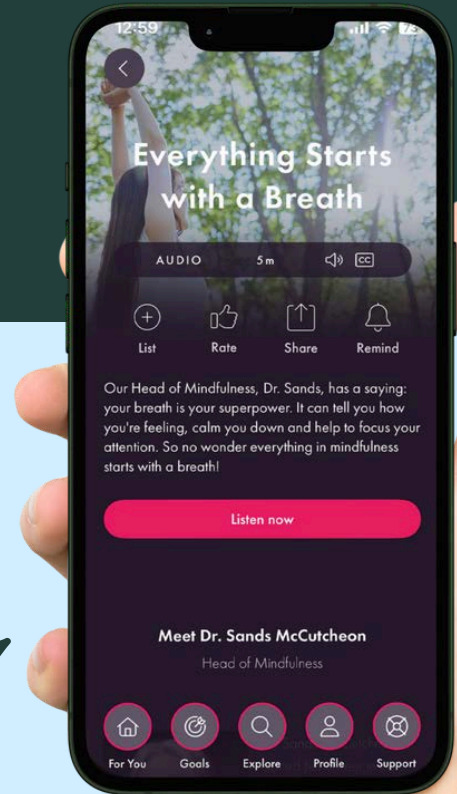


# Your path to better everyday wellbeing

Available from day one of your Healix Health scheme, our wellbeing support offers a digital, personalised experience to guide you to the right resources quickly.

Whether you're aiming to reduce stress, improve sleep, or enhance focus, it's designed to make support easy to access – with no referrals or delays.



## When can you use our wellbeing platform?

When you want to feel more energised, focused, or resilient

If you're looking to improve your mental, physical, or financial health

If you want to understand and reduce stress levels

If you're curious about your wellbeing and want personalised tips

If you need immediate, 24/7 support – available from the moment your Healix Health scheme starts

If you want expert guidance across topics like stress, sleep, nutrition, or financial wellbeing

If you want to set and track goals that integrate with your wearables

## What's included?

- ✓ Digital wellbeing assessment – spot risks early and get tailored advice through a quick, confidential check-in
- ✓ Personalised wellbeing dashboard – track your health, monitor progress and receive ongoing insights
- ✓ Interactive tools – including stress check-ins, movement challenges, and habit trackers
- ✓ Live community webinars – access monthly sessions hosted by a range of wellbeing experts
- ✓ Expert-led content – curated by clinicians to match your needs, from managing stress and sleep to improving focus, fitness and finances
- ✓ 24/7 access – support is available anytime via the My Healix App or Member Zone

# Start building healthier habits today.



The easiest and most convenient app I've used in the health space

Scan the QR code to download MyHealix App



## How do I get started?

Remember: you'll need to register for the service before booking your first consultation



Powered by our partner Champion Health – experts in digital workplace wellbeing.



Champion Health is a global power in workplace wellbeing, the Netflix of employee wellness. Their mission is to make health easier for everyone through a digital wellbeing ecosystem. Through Champion Health, employees have 24/7 access to a world of wellbeing related content, resources, insights, and tools to improve all aspects of their health.