



Mind your health

Constant distractions and pressures like news, social media, work-life balance and never-ending to-do lists, can cause stress and anxiety which affects both your mind and your body. Tap into resources and programs to help you be your very best, both inside and out.



Scan to find the
support you need

FOCUS ON YOUR EMOTIONAL HEALTH

When life gets hard, it can be challenging to stay positive and keep things in perspective. Reach out for support and give yourself the time and space you need to boost your mood, build resilience and improve your emotional wellbeing.

Care that meets your needs

A healthcare professional can help you understand what you're feeling, why and how to cope. Use the Find Care search functionality in the app to find the best care option for you, including a therapist, primary care physician or telehealth provider.

Many options for support

Our app can also connect you with your Employee Assistance Program (EAP) and other behavioral health resources, including personalized coaching and online programs, to help you manage issues affecting your wellbeing.

Self-help strategies

Want to feel better? Going back to the basics and focusing on your sleep, diet and exercise can make a big difference in how you feel. Use the app to get into a routine and track your:

- Food to ensure you're getting a balanced diet that includes fruits, vegetables and lean protein
- Sleep to get the right amount of good, quality rest
- Exercise to get moving and boost your endorphins

Earn points for tracking all your daily activities in the app. You can even sync a fitness tracker so every step counts. Rack up all the points you can and reward yourself for being accountable and taking steps to improve your wellbeing.



Scan to find the support you need