

# My Healthy Advantage mobile app

The health and wellbeing smartphone app provides an enhanced set of wellbeing tools and engaging features.

The features are designed to improve both mental and physical health by using personal metrics to set goals and achievements.

## Wellness



### Interactive weekly mood tracker

You will receive weekly prompts to track your mood in relation to emotional, physical and financial wellbeing. In tracking trends from the last five weeks, you will be able to reflect on—and spot areas for improvement in—your wellbeing.



### Four week health plans

The app will support you in your health goals, whether that be quitting smoking, losing weight or coping with pressure. Reflect on your progress and input diary entries at the end of each week.



### Mini health checks

Covering topics such as height & weight, sleep and mental health, our health checks support you to assess key areas of wellbeing and offer helpful tips.



### Breathing techniques

Our effective in-app breathing techniques help achieve a sense of calm and relaxation.

## Wellbeing connected



### BrightTV

Access the exclusive video series featuring well-known personalities sharing their personal experiences with mental health.



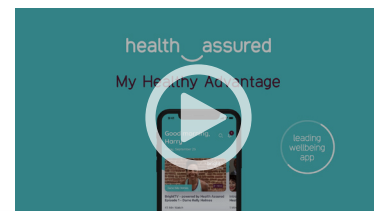
### Personalisation

Specify your preferences and topics to populate the personalised newsfeed with tailored resources and learning materials based on your interests, such as exercise or childcare.

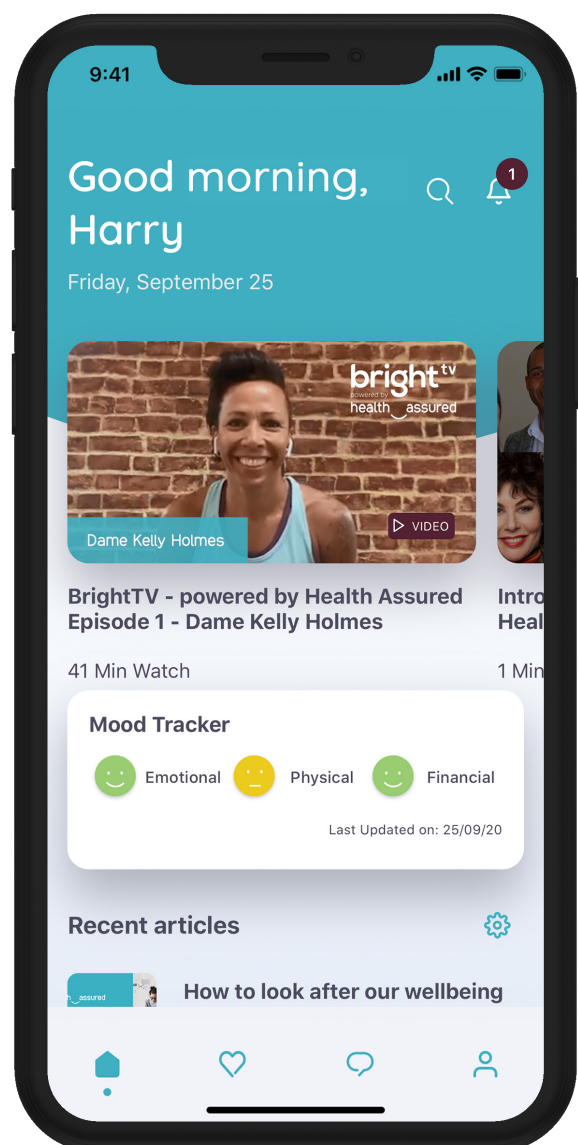


### Support

Contact Health Assured confidentially via phone, callback request, email or manned live chat within the app. If requesting contact, you have the option to choose how you would like to be reached.



Watch our features video here!



Download and register today

health assured



Unique code: