

New health and wellbeing content

Here at Health Assured, we're always looking for new ways to help you cope with the pressures and expectations of life.

That is why we're delighted to announce the launch of a new range of health and wellbeing content in the My Healthy Advantage app.

This new content has been designed to help you achieve a sense of calm and relaxation. To provide this comprehensive support, we have separated the content into four distinct categories:



Sleep Zone:

Drift off with our mindful meditations, sleep stories and dreamy soundscapes.



Fitness Zone:

Work your way through our diverse fitness videos ranging from HIIT and upper body workouts to meditative yoga lessons.



Recipe Zone:

Change it up and try something new with our delicious monthly recipes.



Meditation Zone:

Relieve your stress and become more mindful. Our tailored meditations can help you unwind, relax your body and clear your mind.

