

health assured



'My Healthy Advantage App'



Personalisation



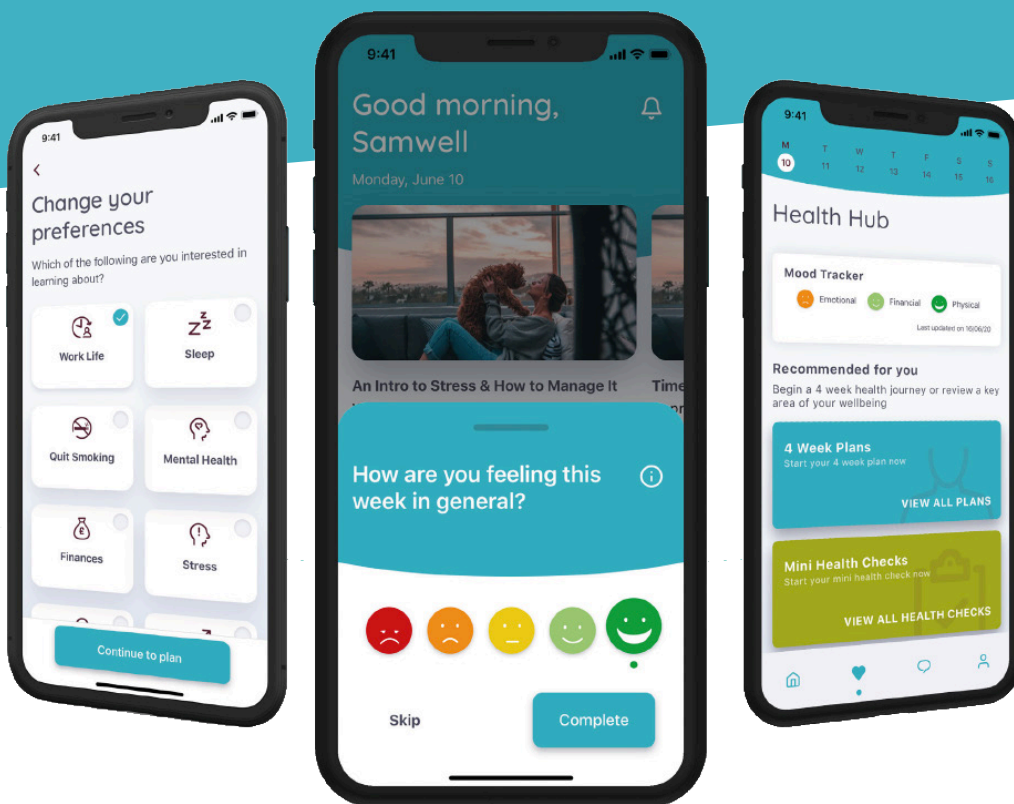
Weekly mood trackers



Support



Mini Health checks



Discover what you can achieve today.

Download and register for free, use the code **MHA147812**



Employee Assistance Programme

For confidential counselling support and information on a range of wellbeing topics for you or your immediate family call **0800 130 3414** (available 24/7, 365)