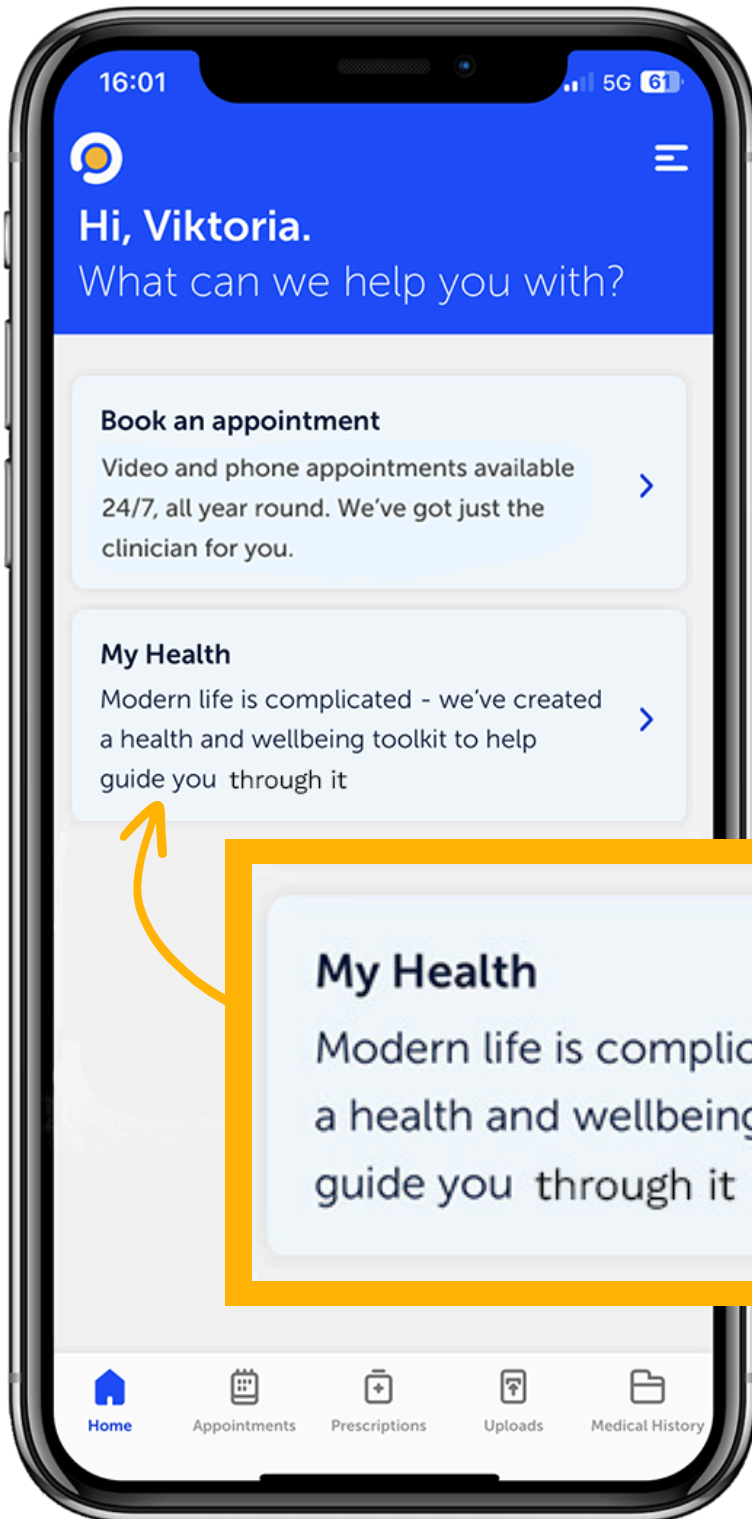




How To Access My Health



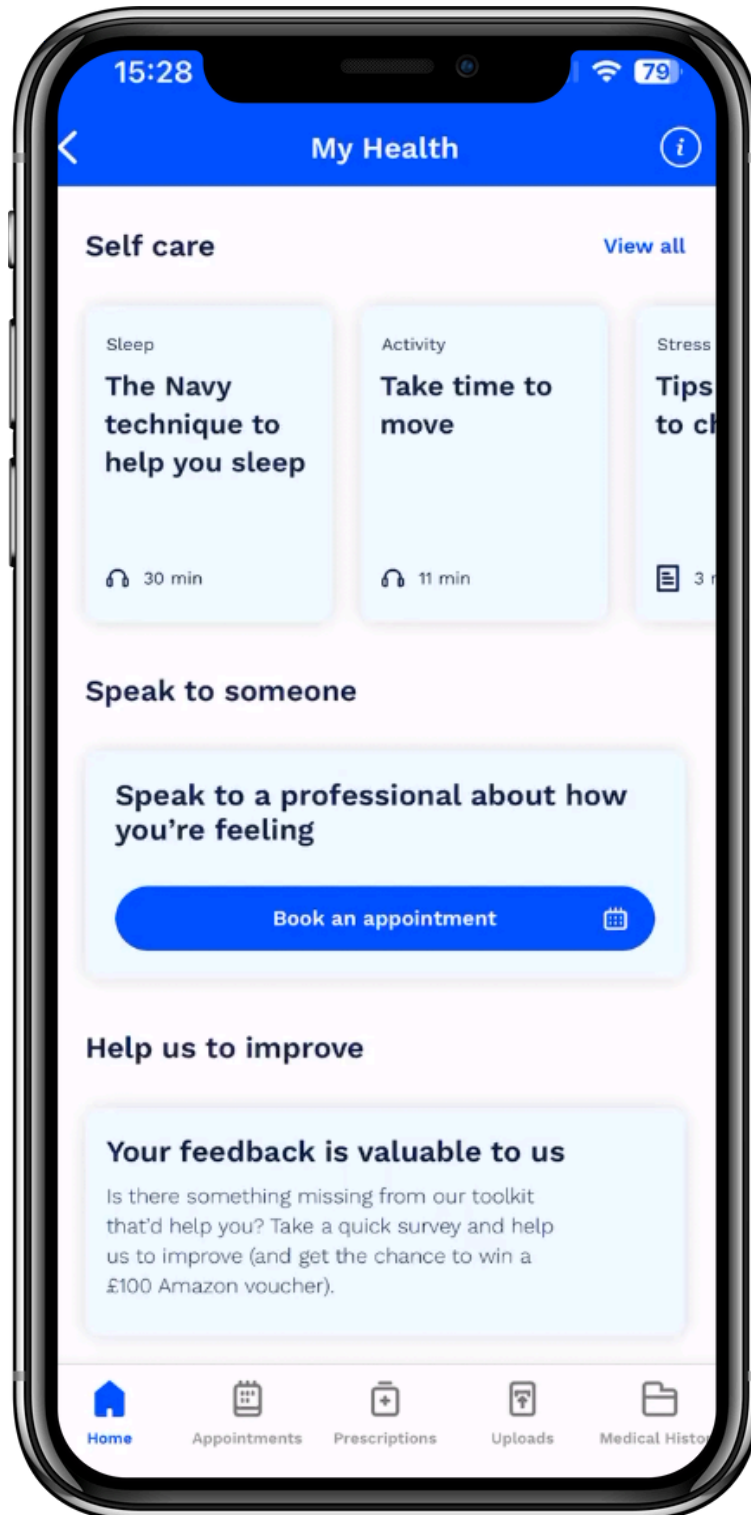
1. Select 'My Health' to access our wellbeing portal.



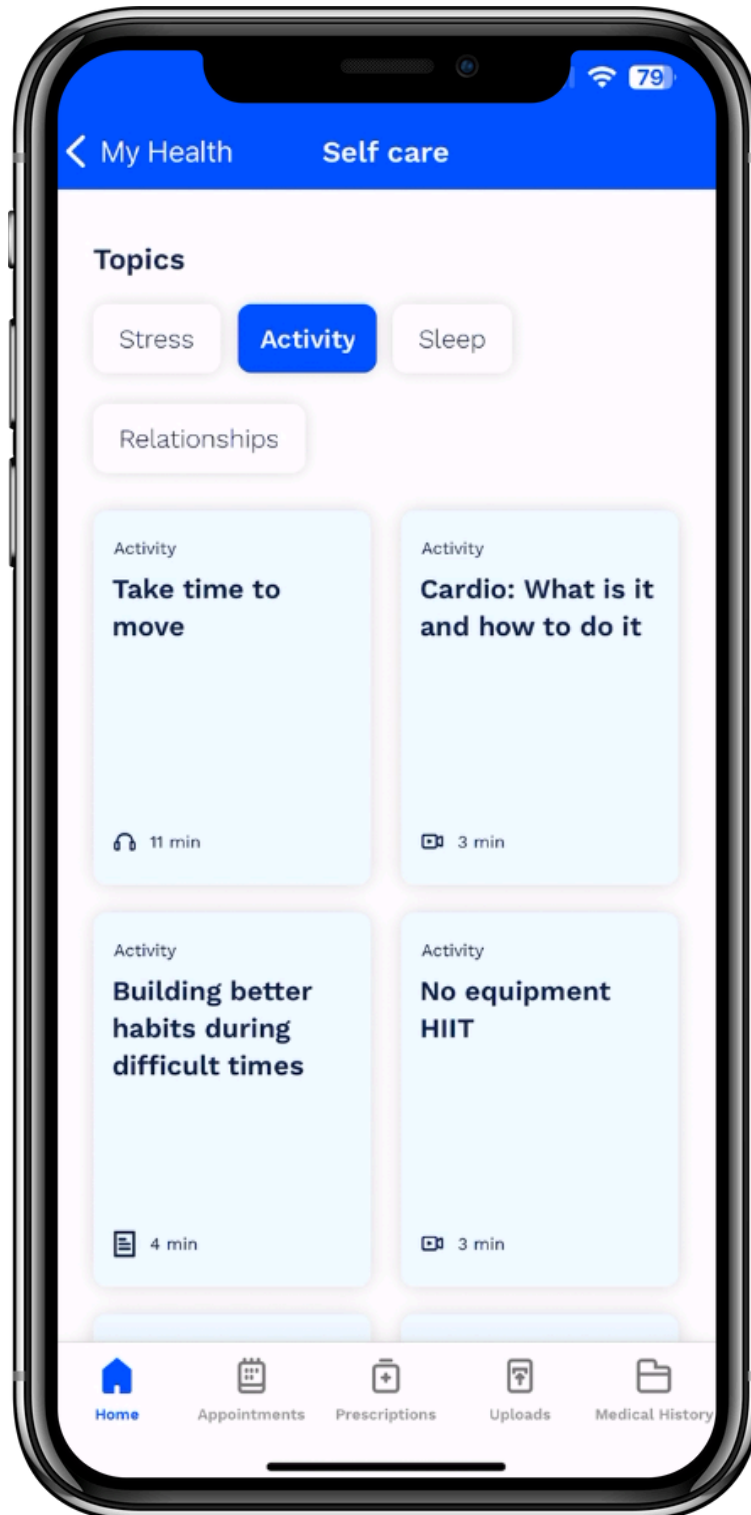
My Health

Modern life is complicated - we've created a health and wellbeing toolkit to help guide you through it

2. Browse a library of content that promotes positive wellbeing.



3. Covering topics such as stress, physical activity, relationships and more.



4. Explore a range of audio and reading resources as well as mindfulness exercises.

