

PRIORITISE YOUR WELLBEING WITH **habithealth+**

The new habithealth+ app is available to download today!

Our new app provides around the clock guidance, support and motivation to manage all aspects of your health and wellbeing. habithealth+ is easy to download, onboard and use within minutes.

With habithealth+ you can:

- Manage your health on the move
- Customise notifications to boost motivation
- Manage regular check-ins
- Book a session with a counsellor
- Access support and advice
- Integrate your device to access insights about your wellbeing
- Support your physical wellbeing including sleep and nutrition



Scan the QR code to download habithealth+ today!

