PRIORITISE YOUR WELLBEING WITH habithealth-

The new habithealth+ app is available to download today!

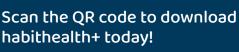
Our new app provides around the clock guidance, support and motivation to manage all aspects of your health and wellbeing. habithealth+ is easy to download, onboard and use within minutes.

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











I have felt cheerful in good spirits



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