

Keeping a finger on the pulse of your total wellbeing.

Making the world a better place.

In the fast-paced, interconnected world we live in today, it's easy to get caught up in the negative news cycle. But what if we took a step back, slowed down, and focused on making our corner of the world a better place?



Supporting the LGBTQIA+ community: Tips for being an ally.

Even if you don't identify as someone within the LGBTQIA+* community, you can always support colleagues, loved ones, and the community by becoming an ally. Here's how to get started.

Read more

Exclusive for registered users.



Coping in times of political uncertainty.

Log in to access

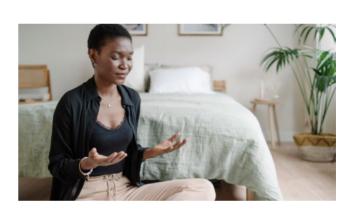


How to reduce your eco-anxiety.

Eco-anxiety is the stress caused by fears about climate change, plastic waste, animal extinction, and related issues, producing feelings of helplessness and guilt. Learn practical tips that can help reduce the impact of this stress.

Read more

Top pick of the month.



Quick tips for dealing with worry.

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Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support the safety and wellbeing of you and your family, like Aktiia, Grubby, The Body Shop and many more.

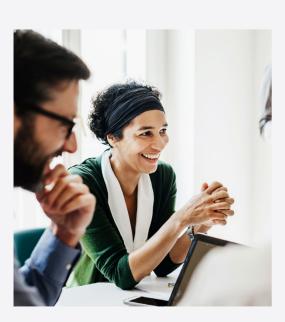






Access offers

Your organisation's programme may not include Perks. If you are unable to access these, review your workplace benefits or speak to your Human Resources contact.



support by app, web, and phone.

More to explore this month.

while discovering your current state of health through one of our assessments, challenges, or programmes.
Check out our Wellbeing and Personal Development Videos

Explore the Wellbeing section of the app and feel supported

packed with information and advice to lead you towards a healthier mind, body and lifestyle.

Your organisation's programme may not include all services and features. To learn more, please log in with

your account and review your workplace benefits. Or speak to your Human Resources contact.

We support your total wellbeing. We're here 24/7 for confidential advice and