

# My Healthy Advantage mobile app

The health and wellbeing smartphone app provides an enhanced set of wellbeing tools and engaging features.

The features are designed to improve the user's mental and physical health by using personal metrics to set goals and achievements.

## Wellness



### Interactive weekly mood tracker

Track moods on a weekly basis in relation to emotional, physical and financial wellbeing, and push notifications remind users to input how they are feeling. Review graphs displaying the last five weeks of trends and users are prompted to reflect.



### Four week health plans

Support with quitting smoking, losing weight and coping with pressure. Users will be able to reflect on their progress and input diary entries at the end of each week.



### Mini health checks

Covering topics such as height & weight, sleep and mental health where the user can recognise their completed and pending health checks.

## User wellbeing



### BrightTV

An exclusive series featuring well-known personalities sharing their personal experiences with mental health.



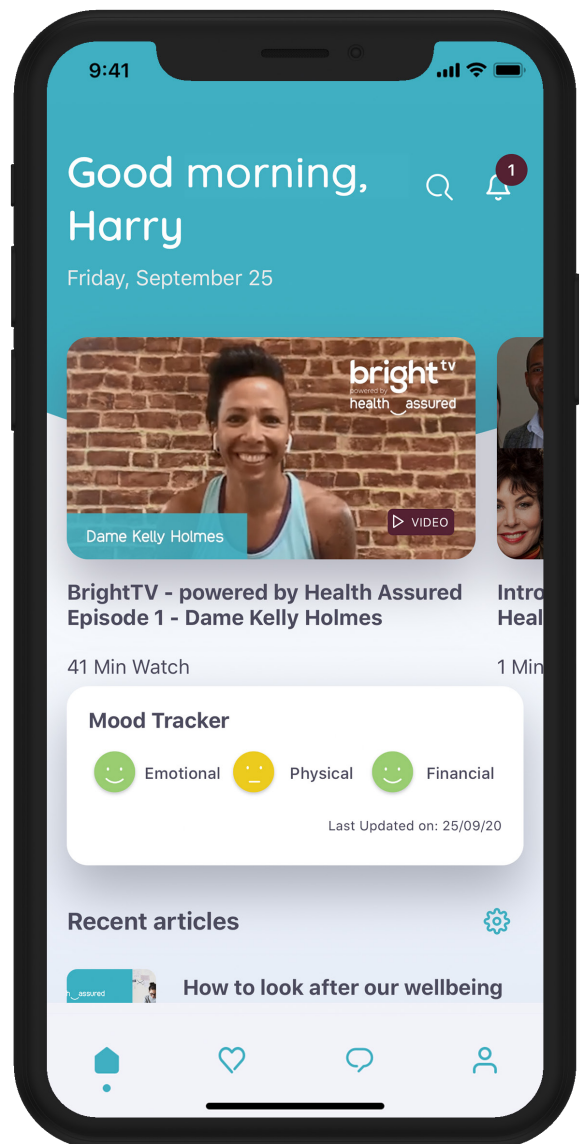
### Personalisation

Specify preferences and topics to populate a personalised newsfeed with tailored resources and learning materials based on the users' interests, such as exercise or childcare.



### Support

Contact Health Assured confidentially via phone, callback request, email or manned live chat within the app. If requesting contact, the user can choose how they would like to be reached.



Download and register today

health assured



Employer code: