

## Emotional Wellbeing support



Protect your health and wellbeing by making it a priority!

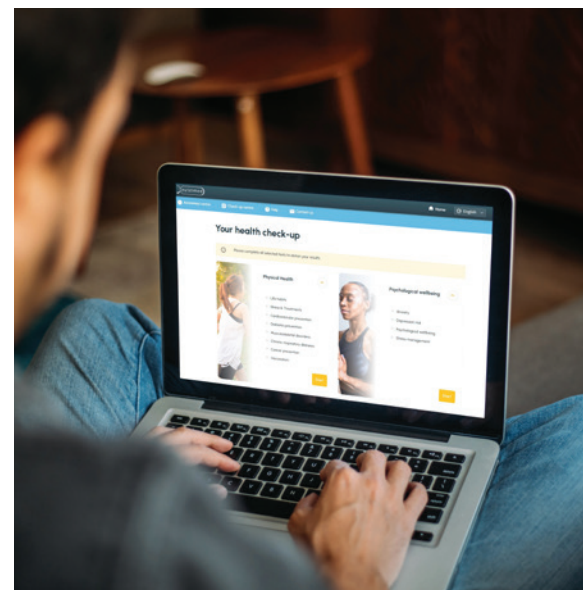
**Our Digital Medical check-up tool was designed to help you assess your overall health, identify any risks and suggest preventive factors. It's fast, free and anonymous.**

It is easy - take a personal health assessment by answering a few questions in our online questionnaires. You will receive a personal health assessment that will help you to:

- Gain a better understanding of your current state of mental and physical health
- Identify main risks and preventive factors

You can access our Digital Medical check-up via the Health and Wellness Hub on our MyHealth App or [portal](#).




Start your check-up and get personalized advice to maintain and improve your health and wellbeing.



**Need to chat? Wysa, your chat bot buddy, is there to support you, no matter if you are happy or sad, healthy or feeling under the weather.**



Explore our Free Wysa mind coaching app:

-  You have 24/7 access to Wysa – your chat bot buddy, giving you a safe and anonymous space to vent and be heard.
-  You have access to 150+ self-help tools and exercises to help you develop mental strength and resilience.
-  You can also chat with a professional human coach when you want a more personal touch.

To get started, follow these steps:

- 1 Login into MyHealth App or [portal](#)
- 2 Click on "Health Assistant" and then go to our Health and Wellness Hub
- 3 Scan the QR code

## Looking for professional advice?

Your Expat Assistance Programme (EAP) provides 24/7 confidential support to help you with a wide range of challenges such as stress, depression, cultural shock and more. Professional counselling is available immediately or by appointment through live online chat, phone, video or email. Face to face counselling is also available.

This professional service offers multilingual support on a wide range of challenges, including:

- Work/Life balance
- Family/Parenting
- Relationships
- Stress, depression, anxiety
- Workplace challenges
- Cross-cultural transition
- Cultural shock
- Coping with isolation and loneliness
- Addiction concerns

You can access Expat Assistance Programme via the Health and Wellness Hub on our MyHealth App or [portal](#) or at [our Expat Assistance Programme page](#)



If included in your plan, teleconsultation benefit will show in your Table of Benefits. Cost of medicines and delivery of medicines may not be included under this benefit, even when prescribed or recommended during the video consultation. Video Consultation Services and Teleconsultation Services are provided by third party providers and made available to you subject to your acceptance of the terms and conditions of AWP Health and Life SA and AWP Health and Life Services and the third party provider. The medical information service is extremely helpful, but it's not a substitute for professional medical advice or for the care that you receive from your doctor. It is not intended to be used for medical diagnosis or treatment and you should not rely on it for that purpose. Always seek the advice of your doctor before beginning any new treatment or if you have any questions about a medical condition.

Services may be restricted, based on geographical location. You understand and agree that AWP Health & Life SA (Irish Branch), AWP Health & Life Services Limited and their administrators and reinsurers are not responsible or liable for any claim, loss or damage, directly or indirectly resulting from your use of the service from the third party provider.

# Time to put your health first is now!