

WISDOM APP

As part of our commitment to care for your wellbeing, we are delighted to introduce Wisdom – a new app that helps you to look after your health and wellbeing.

How can the Wisdom app help me?

The app is free to all colleagues across the UK & Europe and we are pleased to offer it to you as part of our range of benefits to help you take care of your mental and physical wellbeing.

Wisdom will replace the Thrive app, giving you a simpler and more effective service by bringing self-care resources together with the access to counselling and support, including live chat, all in one easy-to-use app.

The app gives you access to exciting features such as:

- Personalised wellbeing trackers
- Breathing techniques, and meditation
- Four-week health plans for lifestyle changes; quitting smoking, coping with stress, and sleeping better
- Mini health checks
- Recipes
- Articles, and podcasts for support with financial wellbeing, childcare, etc.
- Immediate support for emergency help

[Watch a short video about the Wisdom app on YouTube](#) for more information on how it could help better your physical and mental health.

To download, head to your app store. When you sign up, you'll need our code: MHA281180

[Android Apps on Google Play](#)

[App Store - Apple](#)