# Care Anytime Anywhere

# Boost your wellbeing with Converge App



Book, chat or call for instant support and access to coaching and counselling.

#### **CHECK IN ON YOUR MOOD**

In love? Angry? Stressed? Tell us how you feel to get personalised feedback.

#### GET PERSONALISED TIPS

Access practical recommendations to improve your health and wellbeing.

#### TAKE PART IN FUN CHALLENGES

Individually or in teams, work on the areas of your health that are important to you.

### TRACK YOUR HEALTH AND WELLBEING METRICS

Connect your phone or fitness tracker to reveal your health ratings.



Download our App to access wellbeing support 24/7. Your organisation code:





Good morning

appointment
with a clinical expert

Catherine

24/7 support available

Upcoming appointments

🛱 Ms. Alana Rueter

02/11/2024 | 09:00 - 10:00 | 🔤

How are you feeling overall today?

Glad

DEMO EAP assist: Work stress

Chat

with a support for urger





