

The most comprehensive wellbeing provider on the market



Live talks, events and workshops



Remote one-to-one consultations



Guides, videos and podcasts



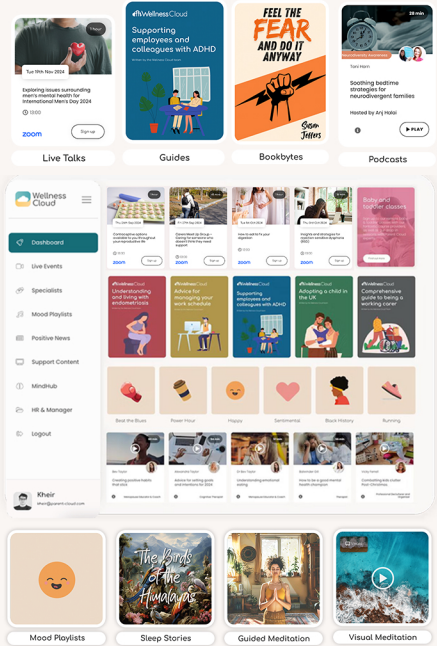
Guided meditation, sleep stories and Pocket CBT



Accredited mental health first aid training



Parenting classes and drop-ins



Support for all of life's challenges

Therapy	Women's and Men's Health	Neurodiversity
Diversity and Inclusion	Sleep	Financial Wellbeing
Career Development	Elder Care	Menopause
Nutrition	Relationships	Parenting
Bereavement	Retirement	Fertility

Language Capabilities



Download on the
App Store

ANDROID APP ON
Google play

99%

of users have an excellent or very positive experience with us

100%

client retention rate to date, with most of our clients increasing their spend after a year

83%

more likely to recommend their company after using our platform

88%

very likely to recommend our services

“ Hands down the most useful benefit I've received through my employment ”