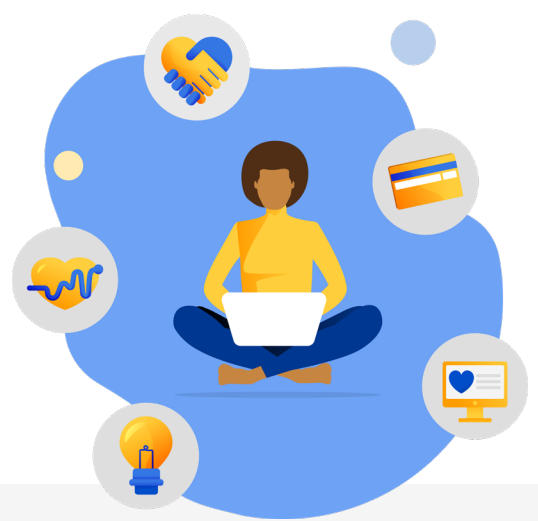




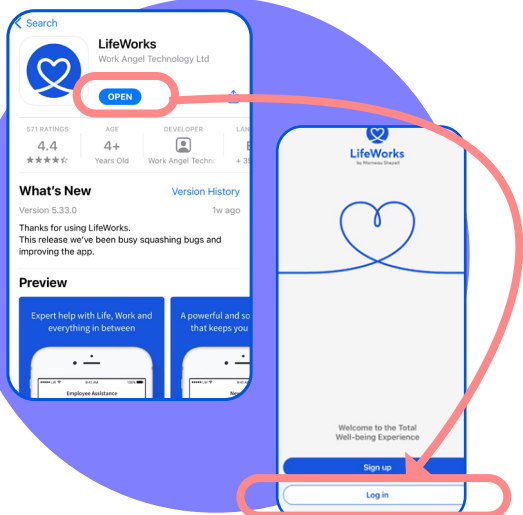
# Your Wellbeing Coach

The LifeWorks Platform



- It's **FREE!**
- Create your own wellbeing plan.
- Check your Health Score through the Total Wellbeing Assessment (TWA) and see how you can boost your **physical, mental, social** and **financial wellbeing**.
- Access discounts at a range of retailers.
- Self-guided therapy modules and practical tips.
- Access to mindfulness and meditation videos.
- Free home workouts through LIFT virtual fitness (AUS only).
- Sleep Health tips.
- Access to a library of resources of articles.
- Connection with confidential support.
- Share the Platform with your family.
- And much more!

To access the Platform on your smart device or via the web.



1. Download the LifeWorks App from the Apple Store or GooglePlay, or go to [login.lifeworks.com](https://login.lifeworks.com)
2. Click on **Log in**.
3. Enter your username and password:

Username

Password

Scan the QR code to download the app

