

Wellbeing Gateway



Helping you achieve your wellbeing goals.

- 1 Complimentary, **confidential wellbeing support** for you and your family
- 2 Achieve your wellbeing goals through **self-paced programs** and **activity challenges**
- 3 **24/7 access to chat** with a health professional or request to book an appointment
- 4 Track your wellbeing with the **wellbeing pulse** and **wellbeing check tool**, a scientifically validated survey
- 5 Fresh and **extensive content library** in a variety of formats
- 6 Content and programs **curated for you** based on your wellbeing scores

Register today

wellbeinggateway.com



Company Code:

We're here to help

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