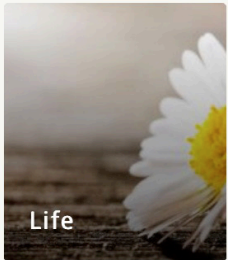
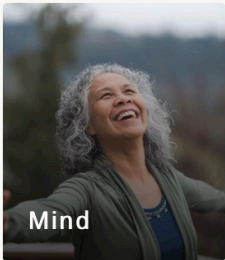


## Welcome to BeneHub

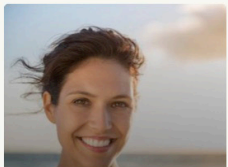
The always-on, always accessible resource that lets you take charge of your own wellbeing and become "your best you". Go on, you know you want to!



Life



Mind



Home



Activities



Contact us



LiveChat

## It's about making things easier.

The Benestar® App gives you health and wellbeing information, resources and support right at your fingertips. Focusing on seven core areas: Life, Mind, Body, Money, Relationships, Work and Family, the app provides you with access to expert advice, tips and activities to help you feel great and to be your best you!

## It's about helping you anywhere, anytime.

The Benestar® App is filled with great content for you – articles, video, audio, activities and games. You also have access to the Click to Call and LiveChat functions which will connect you directly to one of our specialists for coaching and support. We're here to support you as and when you need us.

## Conscious breathing – try it out!

If you're feeling stressed or anxious it can help to concentrate on your breathing. Engaging in our conscious breathing exercise for just a few minutes each day can help to reduce your stress levels. If you like this, you'll also love our relaxation loops, our meditation series and our animated videos!

The Benestar® App is available for free download now.



[benestar.com](https://www.benestar.com)



It's about a great life.

The Benestar® App is available for free download now.



## It's about making support more accessible.

The app is filled with information, activities and resources to help you to be your best you! We can help you to:

- Reduce stress and anxiety
- Increase mindfulness through our conscious breathing exercise
- Support you through times of loss
- Improve your mood and self-esteem
- Reduce or manage addiction
- Increase your level or quality of exercise
- Make better nutritional choices
- Improve your sleep
- Foster positive relationships with family, friends and colleagues
- Understand and improve your finances
- Increase your work performance
- Balance your lifestyle

We're here for you – whatever you need and whenever you need us.



## It's about being the best you can be.

Download the app and login using your BeneHub login in details. If you have not registered on the BeneHub portal go to [benestar.com](https://benestar.com) and create your account by using your Company ID and Token. Then you're ready to go!

Benestar® is a leading global provider of employee coaching, support and wellbeing services.

**Company ID:**

**Token:**



[benestar.com](https://benestar.com)

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