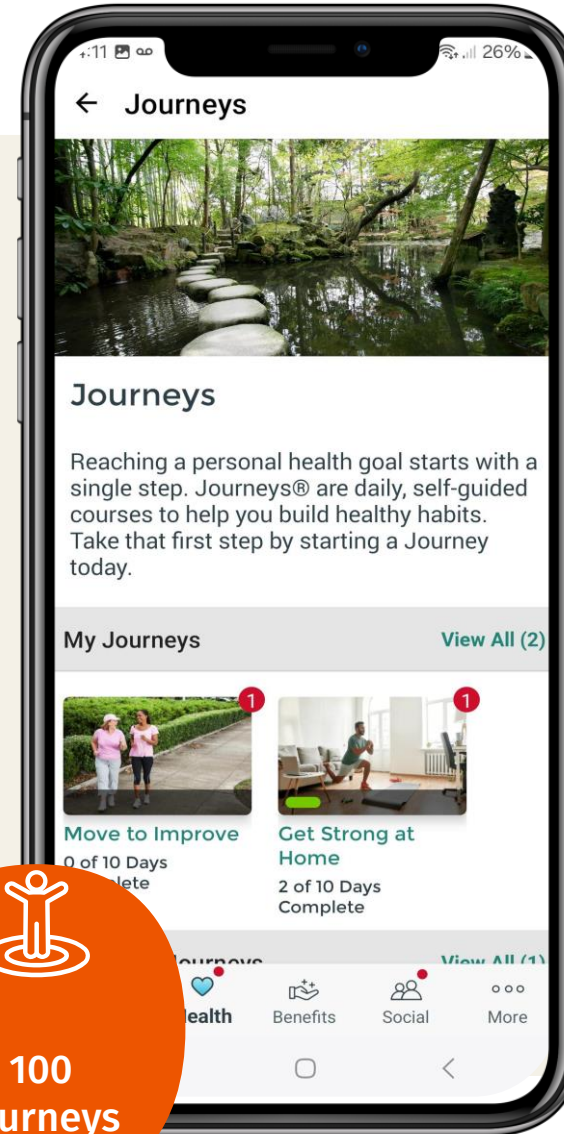
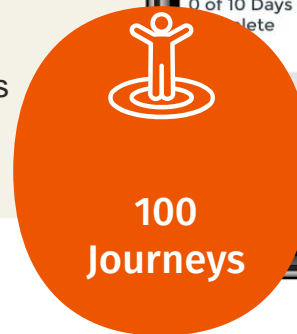



# Journeys

Digital coaching program that provides self-paced courses to help develop healthy habits, offering guidance and support through structured multi-step courses to achieve positive outcomes.

- ✓ Digital coaching experience
- ✓ Actions are rewardable
- ✓ Available on web & mobile
- ✓ New Journeys released monthly
- ✓ Globally relevant and translated into 23 languages



 Financial Wellbeing

 Sleeping Well


 Mental Health & Wellbeing


 Managing Stress

 Getting Active

 Eating Healthy

 Women's Health

 Managing Illness, Injury & Pain

 Family Wellbeing

*\*Over 30 health and wellbeing topics available for members to choose from. This is just a sampling.*