

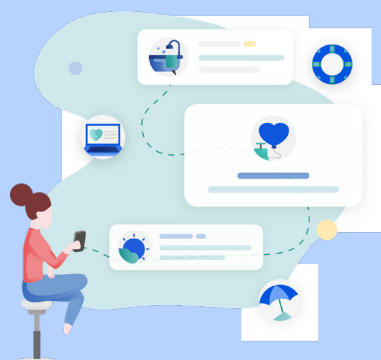
New features



CareNow

CareNow gives you access to a range of programs designed to help with Anxiety, Depression, Stress and more. CareNow gives you the flexibility you need to choose your own path when it comes to care.

When first accessing CareNow, you may be prompted to create a personal user account. The personal account must be created in the web app. After you create the personal account, you may access CareNow through either the web or mobile app, whichever you prefer:



- **Web app:** Click on "Wellbeing" from the top navigation and scroll down to the CareNow section. Select the appropriate program for you and follow the steps.
- **Mobile app:** Click on "Wellbeing" from the top navigation and scroll down to the CareNow section. Select the appropriate program for you and follow the steps.

Total Wellbeing Assessment (TWA)

Understand your current state of health across all pillars of total wellbeing with quick health assessment questionnaires that each take only a couple of minutes to complete. Get immediate feedback on your level of risk and see "What you are doing well", "Areas for improvement" and "Suggested resources".

You may have the option to create a personal user account when accessing the Total Wellbeing Assessment. The personal user account must be created in the web app. A personal account allows you to save your results and complete the assessments in multiple sessions, but you are not required to create one. If you are not asked to create a personal account then your results and progress will automatically be saved.



- **Web app:** Log in to the platform, click "Wellbeing" in the top-line menu and select "Assessments."
- **Mobile app:** Log in to the app, tap "Wellbeing" from the bottom menu, then "Assessments."

Perks & Savings

Save money on daily purchases and the important things in life! You can discover hundreds of discounts and special offers from market-leading brands.

Keeping a healthy lifestyle gets a little easier with savings on fitness apparel and healthy nutrition options. What's more, the discounts go beyond health spending, as you can save when buying holiday gifts, home goods, electronics and more.

Our exclusive Perks can help you save in every area of your life, and make your money go further.

Just select "Perks" in the menu bar of the web or mobile app.

