

The My Healthy Advantage Mobile App

health assured

The Health and Wellbeing Mobile App provided by Health Assured provides an enhanced set of wellbeing tools and engaging features.

Designed to improve the user's mental and physical health by using personal metrics to set goals and achievements.

Wellness



Weekly mood tracker

Track moods on a weekly basis in relation to financial, physical and general wellbeing, and push notifications remind users to input how they are feeling. Review graphs displaying the last five weeks of trends and users are prompted to reflect.



Four week plans

Support with quitting smoking losing weight and coping with pressure. Users will be able to reflect on their progress and input diary entries at the end of each week.



Mini health checks

Covering topics such as height and weight, sleep and mental health where the user can recognise their completed and pending health checks.

User Wellbeing



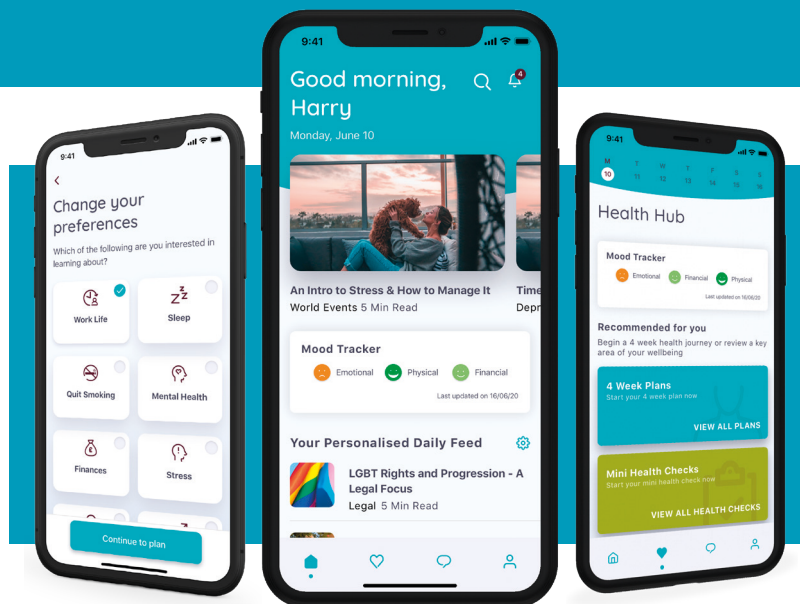
Personalisation

Specify preferences and topics to populate a personalised news feed with tailored resources and learning materials based on the users interests, such as exercise or childcare.

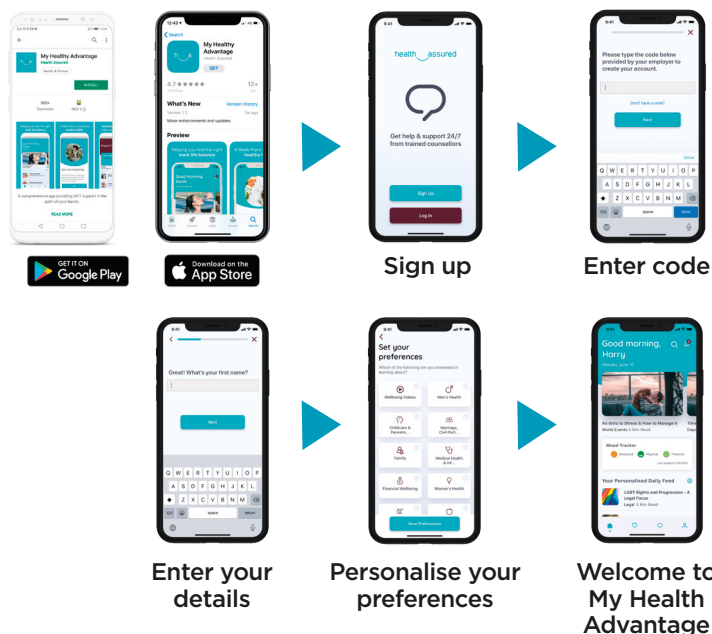


Support

Contact health assured confidentially via phone, callback request, email form and live chat within the app. If requesting contact, the user can choose how they would like to be reached.



Download and register today
your code is **MHA107477**



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