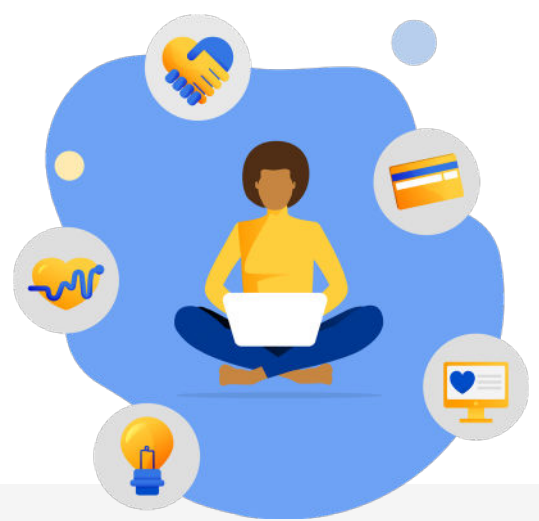


LifeWorks

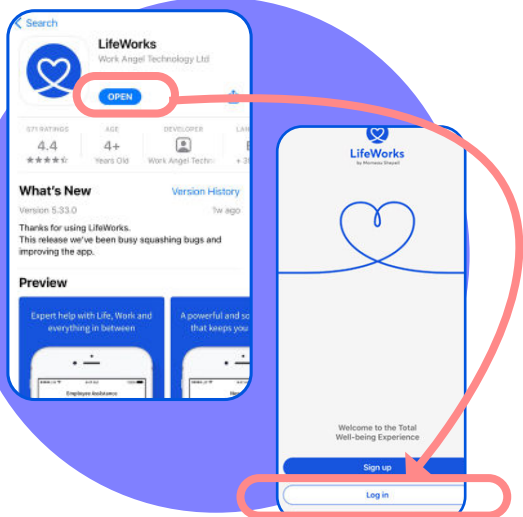
Your Wellbeing Coach

The LifeWorks Platform



- It's **FREE!**
- Create your own wellbeing plan.
- Check your Health Score through the Total Wellbeing Assessment (TWA) and see how you can boost your **physical, mental, social** and **financial wellbeing**.
- Access discounts at a range of retailers.
- Self-guided therapy modules and practical tips.
- Access to mindfulness and meditation videos.
- Free home workouts through LIFT virtual fitness (AUS only).
- Sleep Health tips.
- Access to a library of resources of articles.
- Connection with confidential support.
- Share the Platform with your family.
- And much more!

To access the Platform on your smart device or via the web.



1. Download the LifeWorks App from the Apple Store or GooglePlay, or go to login.lifeworks.com
2. Click on **Log in**.
3. Enter your username and password:

Username

Password

cityholdings

lifeworks

Scan the QR code to download the app

