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Healthy living has never been so easy

We want you to be healthy, happy and productive. And convenience is key to living a healthier lifestyle. That's why we're excited to offer the Resources for Living mobile app.

Healthy tips are just a click away

You're always on the go. With the demands of work, family and friends, when can you take care of yourself? Now with our new mobile app, you'll always have access to:

- **Practical pointers for managing stress and anxiety** — You can learn more about what causes stress, do some relaxation exercises or even manage stress at work.
- **Critical work-life balance skills** — You can get ideas and inspiration for better time management.
- **Contact form** — You can contact us to access all your Resources for Living benefits at your convenience.

Install the app today

Simply search for “Resources for Living” in your device's app store to install today.

Handy, supportive and healthy
— with our mobile app, we're
there anytime, anywhere.

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