

A digital coach for your health

Well-being Coach can help you reach your health goals

Whether your health goals are big or small, **Well-being Coach** is here to help motivate and inspire you. The digital coaching app is available to you at no extra cost.

Well-being Coach can help you make positive, lasting change with 24/7 support through your smartphone or Apple Watch. The app learns about your habits and lifestyle to give you customized, step-by-step guidance you can act on — whether you want to **quit using tobacco, lose weight, or achieve other wellness goals.**

Well-being Coach helps keep you on track with:

- One-on-one text coaching, day or night.
- Feedback on food choices, general nutrition, and meal planning.
- Support for quitting tobacco before, during, and after your actual quit date.
- Activity tracking and recommendations.
- Help for other well-being issues, like mindfulness and sleep.

Your health journey is yours to explore. Well-being Coach is here to encourage and inspire you wherever you are along your path.



Start today by downloading the Sydney Health app from the App Store® or Google Play™.

Then, tap the Sydney icon in the lower right-hand corner and enter Well-being Coach.



Scan this code with your smartphone to access digital coaching instantly.



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