



Welcome!

We're so glad you're one step closer to your best you!

Because your employer values you and is dedicated to your health and wellbeing, you can enjoy the benefits of Best You by Benestar®. This is professional, confidential coaching and support, free to you and your eligible family members!

A key part of Best You by Benestar is the BeneHub portal. It's an always-on, always accessible resource that lets you take charge of your own health and wellbeing to become 'your best you'.

It's easy to get started and once you've registered you'll have secure access on any device to the portal and the BeneHub app.

- 1** Visit www.benestar.com and go to the BeneHub Login
- 2** Enter your company details
ID:
Token:
- 3** Provide a few simple details and create your own password

BeneHub

You can use BeneHub to access hours of health and wellbeing resources anywhere, anytime from your preferred device via our app or website. BeneHub is easy to navigate and you can search for content by topic or type (e.g. video, article or activity).

You'll find topics designed to help you with all aspects of your life, for life:

-  **LIFE**
different life stages, change, grief and loss
-  **BODY**
exercise, fitness, sleep, nutrition and healthy habits
-  **MONEY**
budgets, debt, saving and retirement planning
-  **RELATIONSHIPS**
work relationships, partner relationships and friendships
-  **WORK**
from better work-life balance to enhancing performance
-  **FAMILY**
parenting, elder care, family violence, extended and blended families
-  **MIND**
from managing stress to mental health.

You'll find a variety of content like learning modules, videos and animations, articles, blogs, podcasts, meditations, self assessments, activities and resources toolkits.

Make it yours!

Customise your experience by creating your own profile, tag your favourite content or save it to view later. You can also access MyCoach via LiveChat through the website or app. Simply download the BeneHub app to interact on the go—it's a secure gateway to your individual profile.

MyCoach

Imagine what it'd be like to have specialised coaches on call when you need them. Well, now you do. Use MyCoach as your personal and confidential support while navigating through life – over the phone, face-to-face or online.

Here's how you can move closer to your best you:

VISIT the **Get in Touch** page on BeneHub
You can connect via LiveChat, online or phone.

CALL

DOWNLOAD THE APP





MyCoach for Individuals



Personal and confidential support for navigating your way through life. Whether it be challenging issues or to help enhance your wellbeing.

MyCoach for Individuals offers free confidential and proactive support.

How MyCoach for Individuals can help:

- Improving your relationships.
- Creating a better work-life balance.
- Receiving mental health support.
- Getting the most out of your sleep.
- Navigating challenging financial times.
- Improving your nutrition and overall health.
- Formulating strategies to manage stress.



**Make an appointment today
by visiting [benestar.com](https://www.benestar.com) or call us on**

Benestar 
Be your best you

[benestar.com](https://www.benestar.com)



How do I access MyCoach for Individuals?

Just call us to make an appointment!

What can I expect from my MyCoach for Individuals appointment?

MyCoach for Individuals offers confidential support from an experienced Benestar clinician. You can arrange to meet with a clinician either face-to-face, via phone, video or online LiveChat.

During your conversation our clinician will gain an understanding about the issue you are experiencing and then provide you with helpful proactive strategies on how you can approach the situation. Our professional consultants focus less on “what to do” (which is often governed by company policy) and more on supporting you with the “how”.

Please note MyCoach for Individuals does not replace your organisation's HR or existing HR Policies and Procedures.

Are there any other resources available to me?

Benestar has a wide range of tools, blog posts, podcasts, animations, videos and learning modules available on the BeneHub portal to support you and your team and help improve overall wellbeing and performance. Simply login or create your account using your organisation's unique company ID and Token.

“I have access to resources and support, discretely and whenever suits me.”

What is the BeneHub Portal?

BeneHub is your health and wellbeing portal. It's an always on, always accessible resource that lets you take charge of your own wellbeing to become 'your best you'.

This continually updated resource library is curated to help you thrive in the modern world. You'll find topics designed to help you with all aspects of your life.



LIFE



BODY



MONEY



RELATIONSHIPS



WORK



FAMILY



MIND

**Make an appointment today
by visiting benestar.com or call us on**

Benestar 
Be your best you

benestar.com

Benestar® is a registered trade mark of Benestar Group Pty Ltd