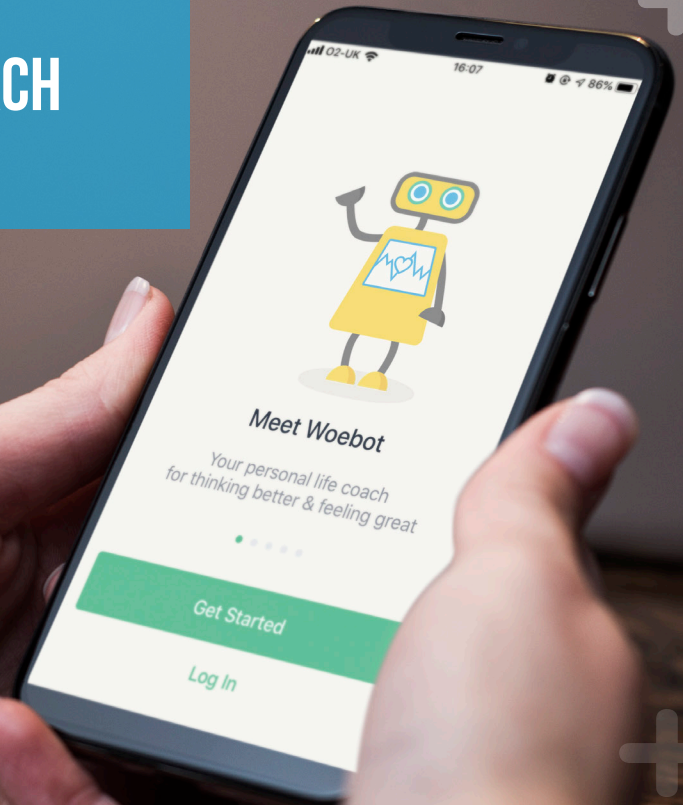


TAKE CARE OF YOURSELF

INTRODUCING OUR NEW LIFE COACH
IN YOUR POCKET...



WOEBOT WILL HELP YOU TO...

- ✓ Learn about yourself with intelligent mood tracking and exercises
- ✓ Think through situations with step-by-step guidance using Cognitive Behavioural Therapies
- ✓ Build a toolkit for taking care of yourself.



Medicash's EAP services are provided by Care first.

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A positive approach to health