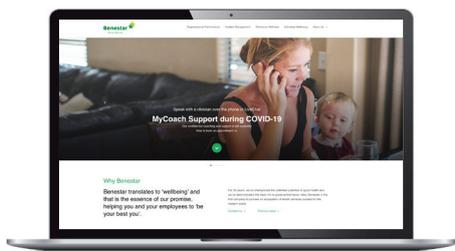


# Getting started with BeneHub

As part of your Best You program you have access to BeneHub, your always on, always accessible resource that lets you take charge of your own health and wellbeing.

It's easy to get started with BeneHub and once you've registered, you'll have secure access on any device, including the Benestar mobile app.

- 1 Visit [benestar.com](https://www.benestar.com) and go to BeneHub login.



- 2 On the **BeneHub login page**, enter your company ID and token.

Not registered?

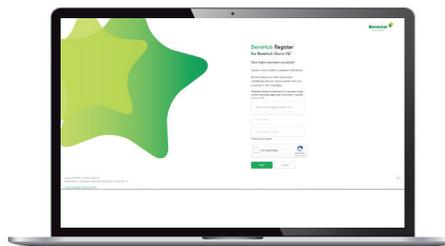
Use your company token and create your personal profile

Use Token

- 3 In the green banner at the top of the page click register "here".



- 4 Enter your **email address and password**.



- 5 Once you've created your account you can log into the Benestar app by using your email address and password. Or, you can log back into the website at anytime by visiting the BeneHub login page and entering your email address and password.

Download the **Benestar App**



**Benestar**   
Be your best you

# Welcome to Best You by Benestar®

Because your employer values you and is dedicated to your health and wellbeing, you can enjoy the benefits of Best You by Benestar. Best You by Benestar has two key components.

## BeneHub

**BeneHub is your always on, always accessible resource that lets you take charge of your own health and wellbeing.**

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

On BeneHub 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, 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.

## MyCoach

Imagine what it'd be like to have a team of specialised clinicians on call when you need them. Well, now you do.

**MyCoach offers you confidential coaching and support, free for you and your eligible family members.**

Support is available via face-to-face, phone or video call. You can also speak directly to our team of clinicians on BeneHub using LiveChat or online messaging. And best of all – it's completely free for you and your eligible family members.

## Find a counsellor

On BeneHub, you can find a counsellor to speak to, simply:

- Visit [www.benestar.com](http://www.benestar.com) and go to BeneHub login
- Enter your company ID:
- Enter token:
- Search for a counsellor in your area by entering your location into the map. You can then contact your counsellor directly via the phone number or email address shown in their profile. If they're not available when you call, please leave a message with your name, organisation, phone number, and best time to return your call.

## Get in touch

### VISIT

the **Get in Touch** page on BeneHub to connect via online messaging.

### CALL

### DOWNLOAD THE APP

