

Benestar's 'Best You' Program



Best You by Benestar provides support and coaching to help people navigate through life. It's for times when you need support as well as when you are looking to be better than you already are. You may know this program as the Employee Assistance Program or EAP.

There are two parts to Best You:

1. **MyCoach** – coaching support for individuals, for people leaders and for executives
2. **BeneHub** – Benestar's Health and Wellbeing portal

MyCoach

MyCoach is a team of professionals trained to assist with everything from family and relationship issues, to challenges at work, dealing with grief, improving exercise and sleep and everything in between. You can choose online, LiveChat, over the phone or face-to-face support.

BeneHub

BeneHub is an interactive online space where individuals can access a vast library of health and wellbeing resources anywhere, anytime from their preferred device. BeneHub is easy to navigate and you can search for content via topic or type.



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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 **1300 360 364**

DOWNLOAD THE APP

