

NEW







# YOUR WELLNESS ADVANTAGE



## DIGITAL WELLNESS PLATFORM FROM MANITOBA BLUE CROSS

Discover our new comprehensive digital wellness platform with a range of health and wellness resources and services to support you – all in one central location at [wellness.mb.bluecross.ca](https://wellness.mb.bluecross.ca).

Explore what's new and log in to the platform to **access existing wellness programs and services that are part of your Employee Assistance Program (EAP) benefits plan**, including:

-  counselling support
-  internet-based cognitive behavioural therapy (iCBT)
-  relationship learning program
-  yoga and meditation program
-  articles written by our experts on a range of wellness topics
-  videos and audio files on a range of wellness topics

### Take the new wellness assessment!

This quick and easy assessment can help you identify areas of personal strength and opportunity across six wellness dimensions and receive customized results, including curated content, tips and resources to help build wellness-affirming habits, routines and knowledge.

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