



## Taking control of your health: The physical and mental connection.

Our mental and physical health are intricately connected. This month, learn about how each affects the other.



### Are you at risk for heart disease?

There are several risk factors for heart disease, some of which are beyond your control. It's important to know which ones you can control - and how.

[Read more](#)



### Relationships: Friends keep you healthy.

Research has shown that people who enjoy healthy relationships suffer fewer health problems. They also live longer. Read on for tips to help improve the quality of your relationships.

[Read more](#)

### Exclusive for registered users.



### Four pillars of mental fitness.

[Log in to access](#)

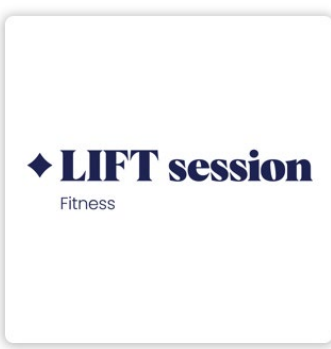


### What is neurodiversity?

[Log in to access](#)

### Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help you with your general wellbeing, like LIFT Session, Shimmer, Viator and many more.



[Access offers](#)

Note that your organization's program may not include Perks. If you are unable to access, review your workplace benefits or speak to your Human Resources contact.



### More to explore this month.

- Interested in learning more about how your mental and physical health are connected? Visit our [CareNow Programs](#), a collection of digital self-help programs, available across a variety of health topics that give you the freedom to access when you want at your own pace.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.