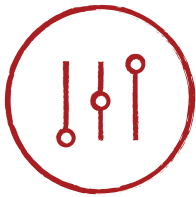




CARE FIRST ZEST YOUR WELLBEING RESOURCE

A FREE and totally confidential online health & wellbeing resource offering a personalised, tailored programme that suits you plus general health information & support.



WELLBEING DASHBOARD

See which areas need some focus



WELLBEING ASSESSMENT

Take the assessment to generate your individual wellbeing score



GOAL SETTING & GAMIFICATION

Set realistic goals and track your progress



RESOURCES FOR YOU

Watch the latest videos, read articles, pick up tips & advice



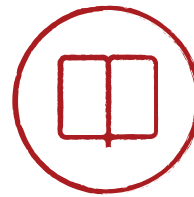
PROGRAMMES

Pick up your personalised fitness programmes



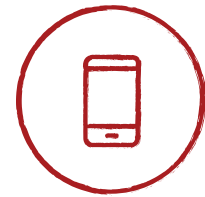
COMMUNITY

Connect with friends, exchange messages & status updates



LOGBOOK

Keep a track of your exercise and activity levels



GO MOBILE

Go mobile and take full control of your health & wellbeing whilst on the go

Simply visit the URL below and use the following organisation code to get started

URL: www.sodexo.carefirstzest.co.uk

ORGCODE: SODEX001