

## Well-being at your fingertips

## Introducing Ascension Wysa

Ascension has partnered with Wysa, an award-winning product, to bring you a pocket companion for holistic, dayto-day well-being. Engage with a friendly chat bot penguin to help reduce stress and handle life's challenges. It's confidential, anonymous and available 24/7.

Benefits for associates and their families include:

- Enhanced mood
- Sleep support

In addition to built-in wellness features, Ascension Wysa connects to:

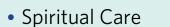
- myCare well-being resources
- Employee Assistance
  Program
- SOS crisis lines (suicide hotline, etc.)

- Mindfulness
- Anxiety support
- Crisis support
- Much more



## Scan the code to download the app. Available on Android or Apple.

Cownload on the App Store Get IT ON Get IT ON



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