



**Stress less.
Focus more.**

Use POWR, on demand wellbeing for
demanding schedules.

sdccwellbeing.com

Learn the skills to lead a healthier and happier life with POWR.

Getting started is easy.

Simply answer questions in a number of areas that impact your wellbeing, from sleep to stress.

Based on your answers POWR will give you a score and recommend an action plan, think of this as your wellbeing 'to-do' list.

Stay in the loop

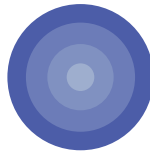
Get the latest news, articles, courses & recipes straight to your inbox.

Make wellbeing a habit.

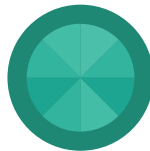
Just 5 minutes a day makes a difference.



Escape with a short meditation



Relax with guided breathing exercises



Check in with a daily reflection journal



Get involved with POWR challenges



Access POWR easily on the go.

Android.

1. Open sdccwellbeing.com in Chrome.
2. Tap the menu button.
3. Tap Add to homescreen.
4. Name your shortcut.

Apple iOS.

1. Open sdccwellbeing.com in Safari .
2. Tap Share button on the toolbar.
3. Tap 'Add to home screen' button.
4. Name your shortcut and tap 'add'.

Windows 8.

1. Open sdccwellbeing.com in Internet Explorer.
2. Pull up the app bar by right clicking or swiping up from the bottom of your screen.
4. Tap the star icon.
5. Tap the pin icon.
6. Enter a name for the shortcut.
7. Click Pin to Start.

Windows Phone.

1. Open sdccwellbeing.com in Internet Explorer.
2. Tap the More (...) button.
3. Tap 'Pin to Start'.