



Download the app and get Well with GU Health

Or search **Well with GU Health** in the App Store or Google Play

Give your wellbeing a boost

Well with GU Health is our wellbeing app for members, designed to help you take positive steps to improve your mood, diet, sleep, fitness and more. Plus, be rewarded with Well Rewards along the way to recognise the positive changes you're making to your wellbeing!

To learn more, or access support, visit guhealth.com.au/well-with-gu

Get started

✓ **Get a snapshot of your health**

Know where you're starting from to understand where your journey should take you.

✓ **Get healthy inspiration and know-how**

Stay motivated with personalised content delivered to your feed.

✓ **Keep track of your wellbeing**

Log your gym session, nutrition rating, mood and more, plus sync your smartphone or fitness tracker.