



NEW - CARE FIRST ZEST

CREATE YOUR ACCOUNT AND TRY YOUR FIRST GUIDED SERIES TODAY!

We're excited to tell you that you have access to the all-new Care first Zest platform provided by our new partner My Possible Self. This has been provided by your company and it's completely free to use!

Using recognised psychological strategies and clinically backed methods from Priory Healthcare the new Care first Zest app will teach you coping mechanisms to handle situations life may throw your way.

But that's not all - you will also discover our interactive tools, helpful tips, visual and mental exercises and engaging activities. These include meditation exercises, mind-fulness exercises, breathing exercises, toolkits to identify behaviours and monitor progress, mood trackers and much more. The app/platform is completely confidential - your use of the app or any personal information given will not be shared with your employer or any third party.

How to get started:

1. Log into your company registration page using the company link/passcode below
2. Create your personal account
3. Verify your email address
4. Download the app - available on iTunes or Google Play - search for My Possible Self: Mental Health. If you'd prefer to use the programme from your desktop, follow this link www.my-possible-self.com
5. Select 'Already got an account' and log in using your personal account information

Here are your company registration credentials:

Company Link: <http://bit.ly/MyPossibleSelfPortal>

Passcode: SoD2021!

Worry less, stress less, live better.

Care first
Zest



my possible self