

My HealthHero

Download the app or visit the web app to access support

Use My HealthHero to:

- Book a consultation with a clinician
- Access expert resources to support your wellbeing
- Complete wellbeing assessments and track your mood

1 Download the app:



Or go to:

<https://my.healthhero.com>

2 Enter your activation code:

3 Enter your registration code:

