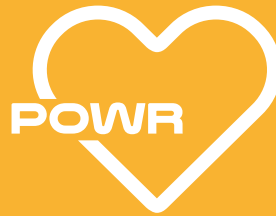




Validated
by Medical
Professionals/
Lifestyle
Experts



Be Well.

Become a better you with tailored lifestyle plans, articles and videos.



1

Answer short questionnaires in 6 areas of wellbeing.



2

A personalised plan will be generated for you.



3

Complete your plan and see if you have improved.



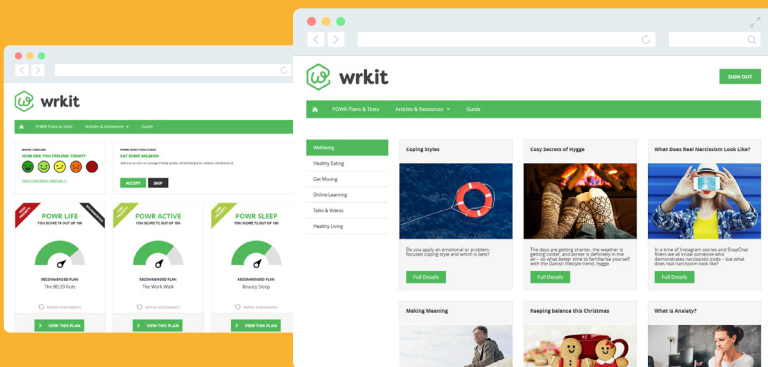
4

Your POWR score is a gauge for personal growth.



5

POWR up everyday with plans, articles videos & more.



POWR Extra's

Check in for fun daily challenges, interesting articles and workplace challenges.

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