



Welcome!

We're so glad you're one step closer to your best you!

Because Freshcare values you and is dedicated to your health and wellbeing, you can enjoy the benefits of Best You by Benestar®. This is professional, confidential coaching and support, free to you and your eligible family members and staff!

A key part of Best You by Benestar is the BeneHub portal. It's an always-on, always accessible resource that lets you take charge of your own health and wellbeing to become 'your best you'.

It's easy to get started and once you've registered you'll have secure access on any device to the portal and the BeneHub app.

<p>1 Visit www.benestar.com and go to the BeneHub Login</p>	<p>2 Enter your company details ID: Token:</p>	<p>3 Provide a few simple details and create your own password</p>
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BeneHub

You can use BeneHub to access hours of health and wellbeing resources anywhere, anytime from your preferred device via our app or website. BeneHub is easy to navigate and you can search for content by topic or type (e.g. video, article or activity).

You'll find topics designed to help you with all aspects of your life, for life:

-  **LIFE**
different life stages, change, grief and loss
-  **BODY**
exercise, fitness, sleep, nutrition and healthy habits
-  **MONEY**
budgets, debt, saving and retirement planning
-  **RELATIONSHIPS**
work relationships, partner relationships and friendships
-  **WORK**
from better work-life balance to enhancing performance
-  **FAMILY**
parenting, elder care, family violence, extended and blended families
-  **MIND**
from managing stress to mental health.

You'll find a variety of content like learning modules, videos and animations, articles, blogs, podcasts, meditations, self assessments, activities and resources toolkits.

Make it yours!

Customise your experience by creating your own profile, tag your favourite content or save it to view later. You can also access MyCoach via LiveChat through the website or app. Simply download the BeneHub app to interact on the go—it's a secure gateway to your individual profile.

MyCoach

Imagine what it'd be like to have specialised coaches on call when you need them. Well, now you do. Use MyCoach as your personal and confidential support while navigating through life – over the phone, face-to-face or online.

Here's how you can move closer to your best you:

VISIT	the Get in Touch page on BeneHub You can connect via LiveChat, online or phone.
CALL	
DOWNLOAD THE APP	 

