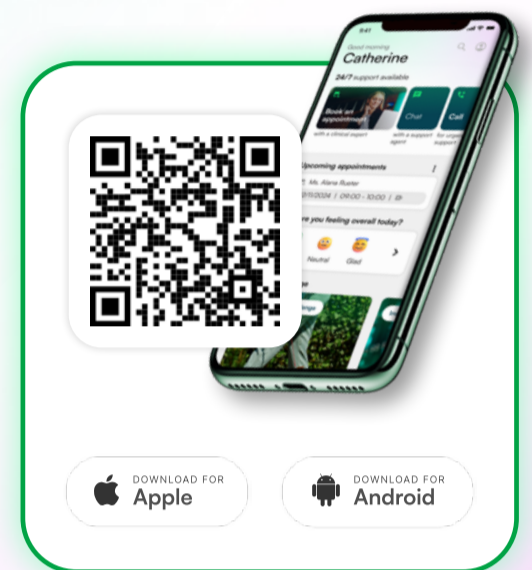


# Converge App Modules

The Converge App offers two distinct types of resources to support employee health and wellbeing: the 'Move Challenge,' a company-wide, short-term challenge designed to engage all employees, and a range of self-paced, individual health and wellbeing modules available under 'Challenges,' which employees can opt into at their own pace for personalised support. So head over to our Converge App today to find a mountain of resources, activities, and challenges to help with mental and physical wellbeing.

Please see below short descriptions of each of our **Converge Move** and **App modules**, including resources to get started. Click on the button below each module to access relevant resources.



## Converge ➡ Move

### ➡ CONVERGE MOVE CHALLENGE

Looking for a fun and engaging way to spark some friendly competition while promoting wellness at work? The Converge Move Challenge is just what you need! This team-based physical activity challenge encourages employees to stay active, boost mental wellbeing, and build stronger social connections.

Not only will it get your team moving, but it's also a great way to utilise the full suite of features within the Converge App, letting them explore at their own pace. And the best part? It's completely free!

The Converge Move Challenge is a 4-6 week journey that promises to make you more active, more connected, and maybe even a little competitive - without the pressure!

It's the perfect way to enhance team spirit and promote healthy habits in a fun, supportive way.

➡ [Click here to learn more about the Converge Move Challenge.](#)



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# Modules - Wellbeing

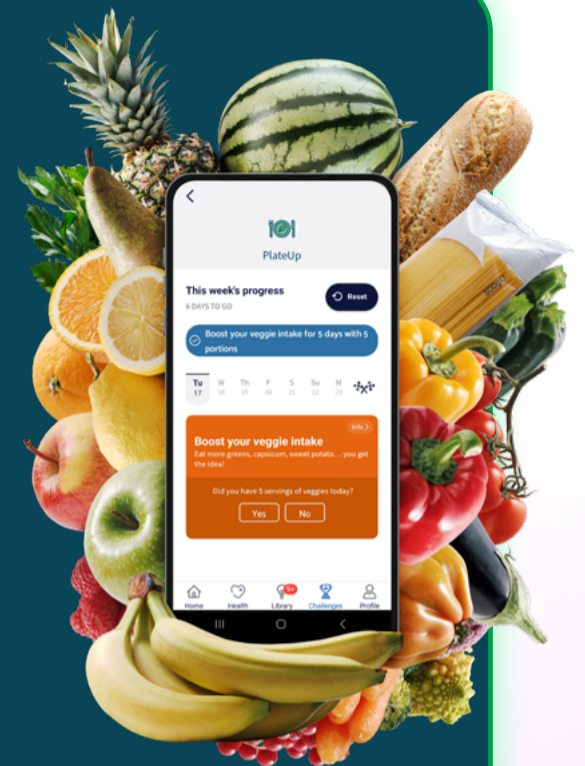
## 🔄 PLATEUP

What's on your plate today?

When it comes to nutrition, we know it can be tough to know exactly what to choose. But with a few simple steps, you can start making healthier choices that support your wellbeing.

The PlateUp Challenge in the Converge App is designed to help you eat healthier, with personalised food and drink challenges that make it easier to build better habits.

Through personalised weekly goals and helpful content, the PlateUp Challenge supports healthier nutrition choices in a way that fits your needs. It's a simple, effective way to take charge of your health and start making better choices - one plate at a time.



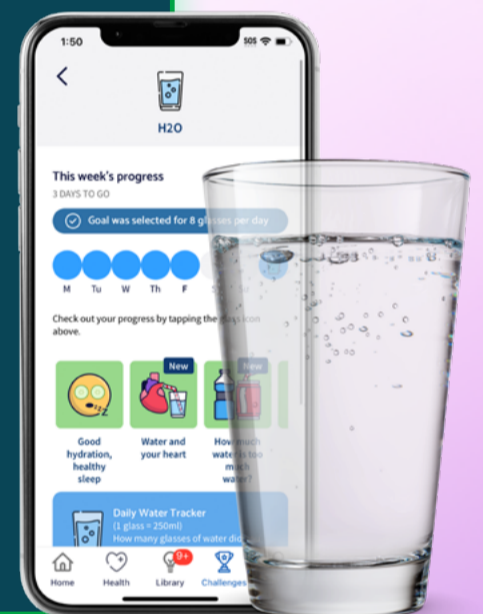
[DOWNLOAD THE RESOURCES](#)

## 🔄 H2O

How much water should you really be drinking each day? If you're not sure, don't worry - we've got you covered with hydration insights and water tracker.

H2O is a 7-day hydration challenge designed to help you boost your hydration habits, track your intake, and learn all about the benefits of staying properly hydrated.

It's a simple, easy way to improve your hydration habits and make drinking water a fun, achievable goal for everyone!



[DOWNLOAD THE RESOURCES](#)

## 🔄 MINDSPACE

Need a moment to breathe? We all deserve time to unwind and recharge. That's why we've created MindSpace - our mindfulness program designed to help you relax, de-stress, and savour the present moment.

It's a simple, effective way to support mental wellbeing in the workplace. The 6-week program helps you build healthy habits for your mind and encourages you to take a break and prioritise your mental health.

Get started today in the Converge App and use the tools within to create more mindful, stress-free habits. It's a small step toward a healthier, happier workforce!



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# Modules - Wellbeing

## ➔ SLEEP WELL

Looking to improve your sleep quality? Sleep Well is 7-day sleep challenge to support healthy sleep habits and improve overall wellbeing.

This individual challenge encourages you to check in on your sleep each night, track your mood, and explore how sleep quality affects your day. You'll receive practical tips and expert advice on how to develop positive sleeping habits, all while identifying common sleep stealers that can impact your rest.

Plus, the challenge includes simple breathing exercises to help unwind before bed, creating a better nightly routine. It's a great way to prioritise sleep and feel more refreshed, energised, and focused.

[DOWNLOAD THE RESOURCES](#)



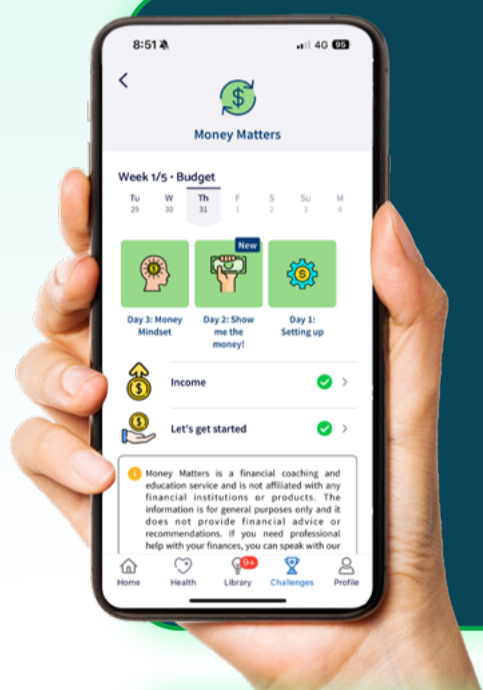
## ➔ MONEY MATTERS

The Money Matters module is a valuable resource to help you take control of your finances with practical tools, tips, and insights.

We've designed this 5-week module with behaviour change in mind, focusing on modifiable habits, education, and awareness to foster long-term financial wellbeing.

Money Matters combines educational content, personalised insights, and small activities to help users build strong financial habits and a resilient future.

[DOWNLOAD THE RESOURCES](#)



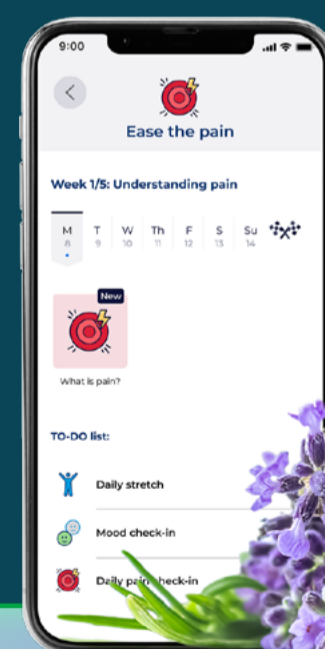
## ➔ EASE THE PAIN

Ease the Pain is our digital Chronic Pain module - a powerful resource designed to help manage mild to moderate chronic pain and improve musculoskeletal health.

This 5-week program provides engaging educational content and practical exercises that empower you to take control of your wellbeing. With easy-to-follow guidance, you will learn how to build healthy habits that support your body, reduce discomfort, and improve your overall quality of life.

Our evidence-based approach includes tools and resources to alleviate pain, reduce stress, and help you stay productive while managing your condition effectively. It's a flexible, self-paced way to support in maintaining your health and comfort - no matter your routine..

[DOWNLOAD THE RESOURCES](#)



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# Modules - Wellbeing

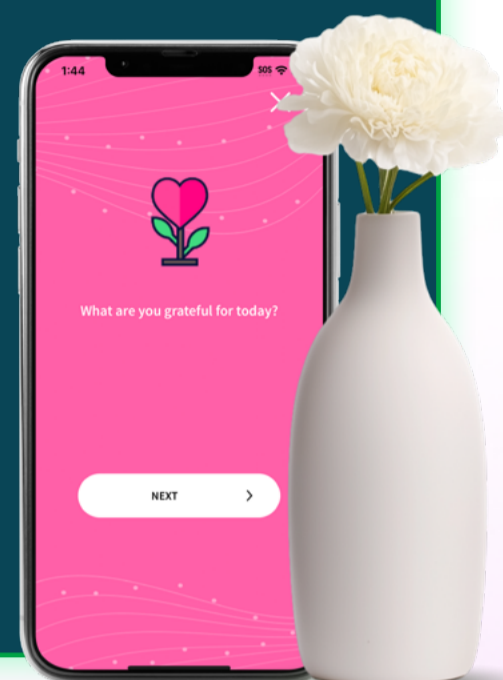
## ➔ GRATITUDE JOURNAL

Looking for an easy way to boost your wellbeing? Our new Gratitude Journal is here to help! Taking just a few minutes each day to reflect on the positive can make a big difference. Whether it's celebrating small victories or simply appreciating the good in everyday life, this simple habit can shift your mindset towards greater positivity.

Science shows that gratitude can have a powerful impact on mental and physical health - it boosts happiness, lowers depression, and even helps improve sleep and immune function!

Start a gratitude journal today and experience these science-based benefits for yourself. It's all available now in your Converge App. It's an easy, effective way to help you feel happier and healthier.

[DOWNLOAD THE RESOURCES](#)



Download the Converge App today for all that and **more**:

## ➔ 24/7 WELLBEING SUPPORT

Book, chat or call for instant support and access to coaching and counselling.

## ➔ CHECK IN ON YOUR MOOD

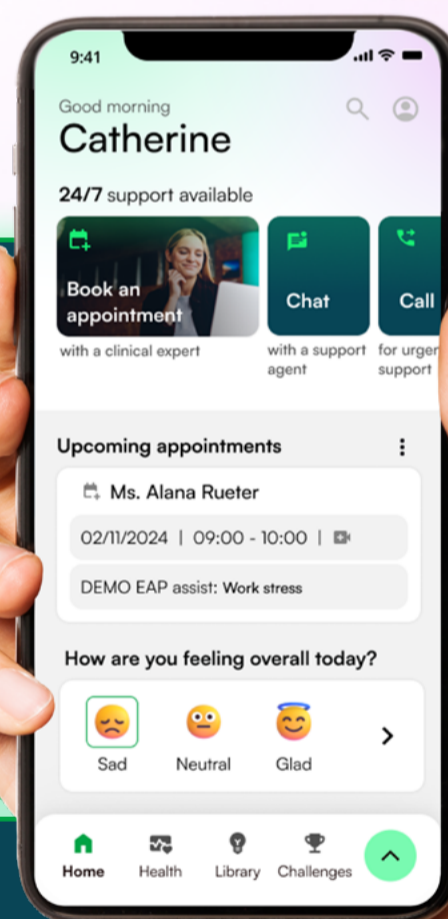
In love? Angry? Stressed? Tell us how you feel to get personalised feedback.

## ➔ GET PERSONALISED TIPS

Access practical recommendations to improve your health and wellbeing.

## ➔ TRACK YOUR HEALTH AND WELLBEING METRICS

Connect your phone or fitness tracker to reveal your health ratings.



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