

# Nourish Your Mental Wellbeing with Wellhub



Clear your mind

Wellhub hosts an abundance of virtual and in-person resources designed to support you in cultivating a tranquil and balanced mental state.

## Mind + Body Connection



**Yogaia**  
Live and on-demand yoga for all skill levels



**Lifesum**  
Personalized meal plans to support your goals



**Apple Fitness+**  
A wide range of high-quality workouts and meditations



**Stretch Lab**  
Assisted stretching studio

## Mood Monitoring



**iFeel**  
Mental wellbeing tools and mood tracking features



**MindDoc**  
Insights and solutions to boost mental wellbeing



**Rootd**  
Anxiety management



**Cingulo**  
Self-awareness guide with videos, audios and articles

## Sleep Quality



**Sleep Cycle**  
Track and improve your sleep patterns



**Sleep Score**  
Science-backed sleep analysis and advice



**RISE Science**  
Personalized and automatic sleep and energy tracking



**Better Sleep**  
Wake up more rested and refreshed

## Meditation



**Headspace**  
Stress less, sleep soundly, and get happier.



**Zen**  
Stress relief and personal development



**Meditopia**  
Guided meditations and motivation



**MindSpa**  
Relaxation through 3D sound experiences



Get access now!

1

Download the Wellhub app

2

Create your free account

3

Choose the plan that best fits you