



Self-care support

Did you know? You have access to self-care support from Cleo! Self-care is essential to maintaining your physical, emotional, and mental wellbeing so that you can be your best self. Your Cleo Guide is here to help you make self-care a priority so that you can feel your very best at work and at home.

****Cleo's self-care support is not a substitute for medical care, and will complement and enhance any existing support offered in your benefits plan.***



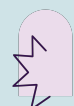
Cleo can help you with:

- Stress management techniques
- Creating a supportive self-care schedule
- Emotional wellness
- Improving your health and wellness
- Balancing caregiving and your career
- Building supportive relationships
- Setting boundaries and prioritizing tasks
- Managing life transitions
- Grief and/or loss
- Relationships / Family dynamics
- Menopause
- Cancer care
- Planning future care
- Career coaching
- And much more

How Cleo can support you



Support that is unique to your journey
No two journeys are alike, which is why your Cleo Guide will provide guidance that's personalized to your goals, needs, and lifestyle.



Your trusted source for self-care
You can feel confident knowing that Cleo's resources are always evidence-based and updated as research evolves.



Everything you need, right at your fingertips
Scrolling the internet and scouring through information from multiple sources can be overwhelming and confusing. Consider Cleo your one-stop shop.

Get started today!

1. Open your Cleo app
2. Create your profile, or navigate to your existing profile
3. Click on the + symbol
4. Select 'I'd like support for myself'
5. Select the areas you'd like support, and add self-care



**Scan here to
open your
app or to sign
up for Cleo!**

For additional assistance, email support@hicleo.com