

# cleo

## 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 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](mailto:support@hicleo.com)