



NEW staff benefit now available

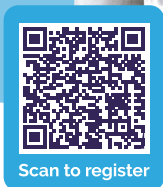
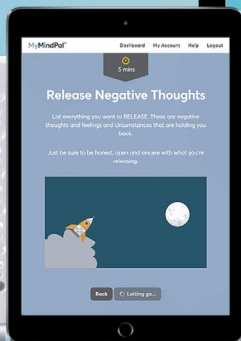
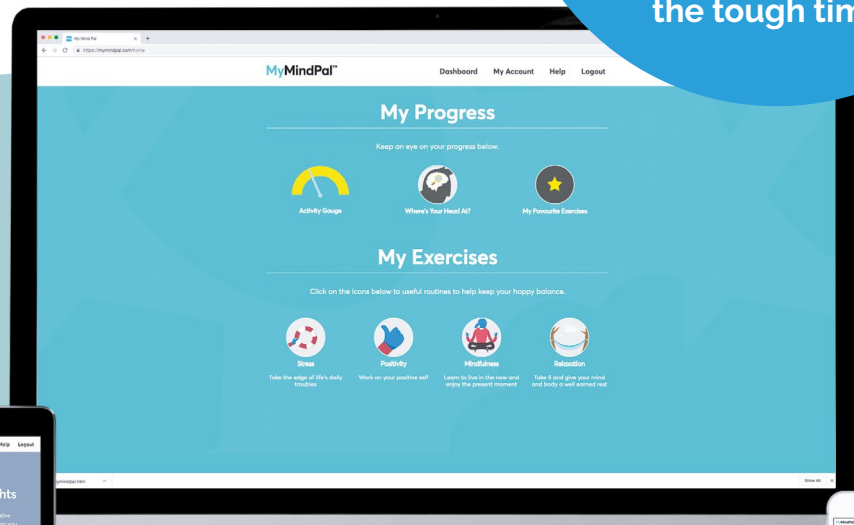
Introducing MyMindPal, a brand-new offering from our health and wellbeing partner Vivup. MyMindPal is a mental fitness app that helps keep your mind in tip-top shape and takes the edge off life's challenges. And it's completely **FREE** for you to download and use today!

Use the MyMindPal app to create your very own 5 minute a day routine to support you in whatever life throws your way.

Simple exercises, anytime anywhere, that help you:

- Increase your positivity
- Reduce your stress levels
- Learn to live in the present moment
- Bounce back from the tough times

MyMindPal™



Visit Vivup.co.uk today and access MyMindPal through our Help & Support staff benefit. Download MyMindPal from the App store* and register using the **FREE Vivup code JNVIV20**



*Available on iOS and Android.