



# Ascension



## Well-being at your fingertips

### Introducing Ascension Wysa

Ascension has partnered with Wysa, an award-winning product, to bring you a pocket companion for holistic, day-to-day well-being. Engage with a friendly chat bot penguin to help reduce stress and handle life's challenges. It's confidential, anonymous and available 24/7.

Benefits for associates and their families include:

- Enhanced mood
- Sleep support
- Mindfulness
- Anxiety support
- Crisis support
- Much more

**In addition to built-in wellness features, Ascension Wysa connects to:**

- myCare well-being resources
- Employee Assistance Program
- SOS crisis lines (suicide hotline, etc.)
- Ascension Online Virtual Care: Urgent Care, Psychiatry & Therapy, Spiritual Care



**Scan the code to download the app.  
Available on Android or Apple.**

**Use the code "myCare" if prompted.**

