

# Care First Zest

A FREE and totally confidential online health & wellbeing resource that offers you a combination of personally tailored programmes and general health information & support.



## Features & benefits



### Wellbeing Dashboard

Review your dashboard and see which areas need some focus



### Wellbeing Assessment

Take the assessment to generate your individual Wellbeing Score



### Goal Setting & Gamification

Set realistic goals and track your progress



### Logbook

Record and keep track of your exercise and activity levels



### Programmes

Pick up your personalised fitness programmes



### Community

Connect with friends, exchange messages and status updates



### Resources for you

Watch the latest videos, read articles, pick up tips and advice



### Go Mobile

Go mobile and take full control of your health and wellbeing whilst on the go

Simply visit the URL below and use the following organisation code to get started

[www.sodexo.carefirstzest.co.uk](http://www.sodexo.carefirstzest.co.uk) | ORGCODE: PMM1