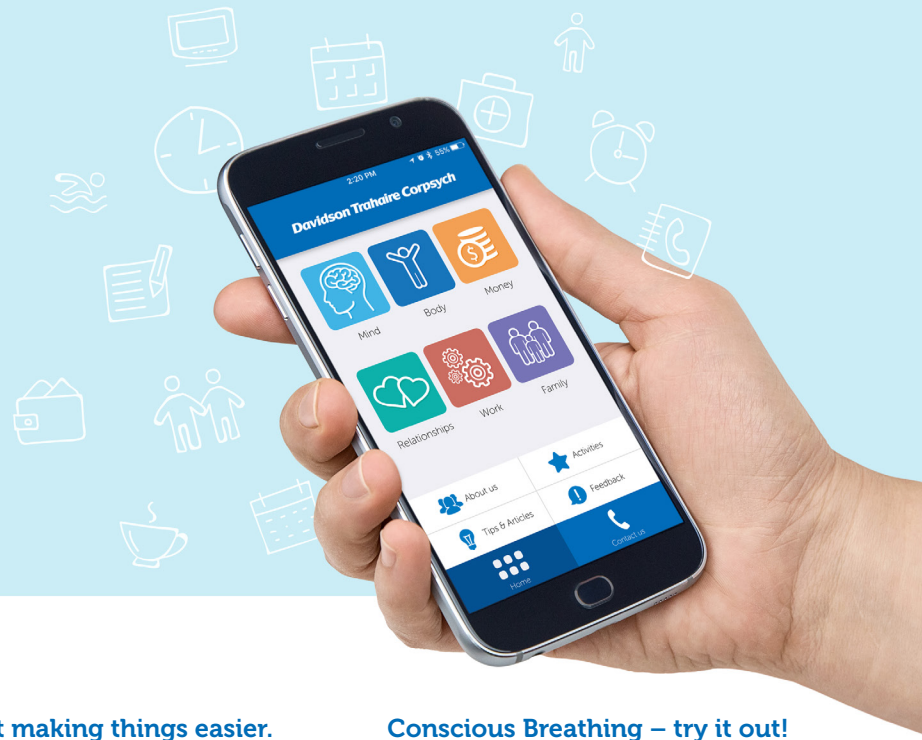


Introducing the new  
DTC GreatLife App.

# Help. Anywhere. Anytime.



### It's about making support more accessible.

The app is filled with information to support you to achieve a GreatLife. We can help you to:

- Reduce stress and anxiety
- Increase mindfulness through our conscious breathing exercise
- Support you through times of loss
- Improve your mood and self-esteem
- Reduce or manage addiction
- Increase your level or quality of exercise
- Make better nutritional choices
- Improve your sleep
- Foster positive relationships with family, friends and co-workers
- Understand and improve your finances
- Increase your work performance
- Balance your lifestyle

If you are looking for further information about a certain topic the app will direct you to appropriate articles and tips recommended by our experts.

### It's about making things easier.

The DTC GreatLife App gives you holistic assistance and health support at your fingertips. Focusing on six core areas of Mind, Body, Money, Relationships, Work and Family the app provides you with access to expert advice, tips and activities to help you feel great every day.

### It's about helping you anywhere, anytime.

The DTC GreatLife App has been designed to help you feel great anywhere, anytime. You also have access to the Click to Call or Email function which will connect you directly to one of our consultants for support and assistance. By providing this service we can support you whenever and wherever you need it.

### Conscious Breathing – try it out!

If you are feeling stressed or anxious it can help to concentrate on your breathing. Engaging in a conscious breathing exercise such as this for just a few minutes each day can help to reduce your stress levels. Download the app to find out more about our conscious breathing exercise.

Davidson Trahaire Corpsych (DTC) is a leading global provider of employee coaching, support and wellbeing services across the private, public and not-for-profit sectors.

[www.davcorp.com](http://www.davcorp.com)

For more information call us on  
**1300 360 364.**



## It's About a GreatLife.

The GreatLife App is available for free download now.

Simply head to either the Apple App Store or Google Play on your device to install.

