

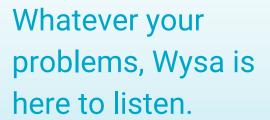
wysa



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Chat to Wysa, your AI wellbeing coach to anonymously manage stress and feel better about yourself.

Access 150+ evidence-based exercises, including resources for anxiety, sleep, handling difficult conversations, improving productivity and more.



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- 1. Scan the QR code
- 2. Input code BCDU2023 (for IOS)
- 3. Complete the short form
- 4. Access Wysa Premium!