



# Take care of your mental wellbeing.

## Available via our UniMed health insurance plan:

- Confidential access for employees to registered psychiatrists, psychologists, psychotherapists, or counsellors
- In-person or online options through UniMed's partners, 3 Big Things or Clearhead

Scan the QR code to learn more.



FIND OUT MORE

Benefit limits depend on your Health Plan. View your Health Plan document in the Member Portal for details.

UniMed

[unimed.co.nz](https://unimed.co.nz)