

LIFE IS AN ADVENTURE.

AG ASSURES IT.

Visit [ag.be/en/myageb-app](https://ag.be/en/myageb-app)



## My Mind Premium by AG

- ▶ **Test your resilience** and receive **personalised recommendations**.
- ▶ Take part in **individual and tailor-made programmes**.
- ▶ Discover **inspiring articles and videos** from the wellbeing library.
- ▶ Enjoy **5 included sessions with a psychologist per subject and family member**.

Easy, confidential and always at your fingertips on the app.



Discover more info on [ag.be/en/myageb-app](https://ag.be/en/myageb-app) and download the MyAG Employee Benefits app in the App Store or on Google Play!

