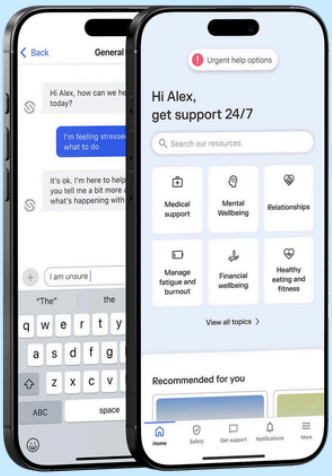
# Support for your mental health, medical needs and personal safety — all in one app

Sonder




We've partnered with Sonder to give you access to expert support for your mental health, medical needs and personal safety — all in one place.

Through the Sonder app, help is available whenever you need it. Whether you're feeling overwhelmed, unsure about a health concern, or want extra peace of mind while travelling, support is always within reach.

Connect with experienced professionals, including mental health specialists, Registered Nurses and safety experts — with additional clinical and emergency support available when needed.

## Mental health

No matter the concern, Sonder's qualified professionals are available to talk and provide support. Whether managing stress, anxiety, low mood, or everyday challenges, help is available 24/7 via chat or call in the app. You can also access personalised wellbeing resources — articles, self-guided programs, assessments, and videos — to build healthy habits and support your mental wellbeing.

## Medical

Get guidance on your symptoms and next steps from a Registered Nurse. Sonder helps you manage symptoms, decide if you need a GP, and navigate care options — from self-care advice to referrals and support.

## Personal safety

Stay safe on the move with tools like **Track my Journey** and **Check on Me**. Receive real-time safety alerts, notifications about local risks, and immediate support when you need it.

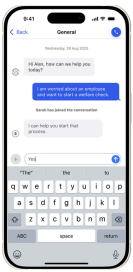
Download the Sonder app today. Scan the code to get started.

Studentsafe
Medical & Travel Insurance

sonder.io/members

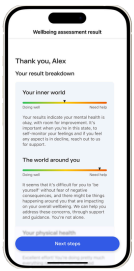
# Wellbeing features

Practical tools to help you build healthy habits and stay supported day to day.



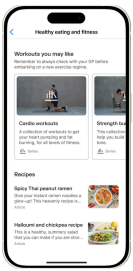

## Live chat or call

Speak confidentially with wellbeing specialists or Registered Nurses anytime, day or night.



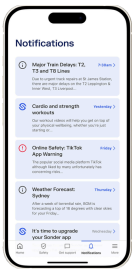

## Wellbeing assessment

Take a short check-in to understand how you are tracking and receive personalised insights and support.




## Wellbeing library

Access trusted articles, exercise videos, self-guided programs, sleep sounds, meditations, and more.




## Wellbeing notifications

Helpful tips and reminders designed to support your mental and physical wellbeing.

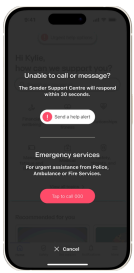
# Safety features

Support to help you feel safer wherever you are.




## Track my Journey

Share your journey and stay connected while travelling. We monitor your progress until you safely reach your destination.




## Help Alert

Need urgent support? Send a Help Alert to connect instantly with the Sonder Support Centre for remote or in-person assistance.




## Check on Me

Set a timer when meeting someone new or going somewhere unfamiliar. If you do not check in, we will follow up to ensure you're safe.




## Safety Alerts

Receive real-time notifications about nearby risks, weather events or disruptions without opening the app.

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