

08. Post-Launch EDM: Wellbeing Check-In

Send date: Two weeks after Post-Launch EDM: Coaching

How to use: Make a copy of the editable template or copy the text below, and attach the provided image as an email banner. Edit the text in red and switch to black once done. Send through email to your whole organisation.

Subject line: When Was Your Last Wellbeing Check-In?

Images: [Wellbeing Check-ins](#)

Editable Template: [Google Doc](#)

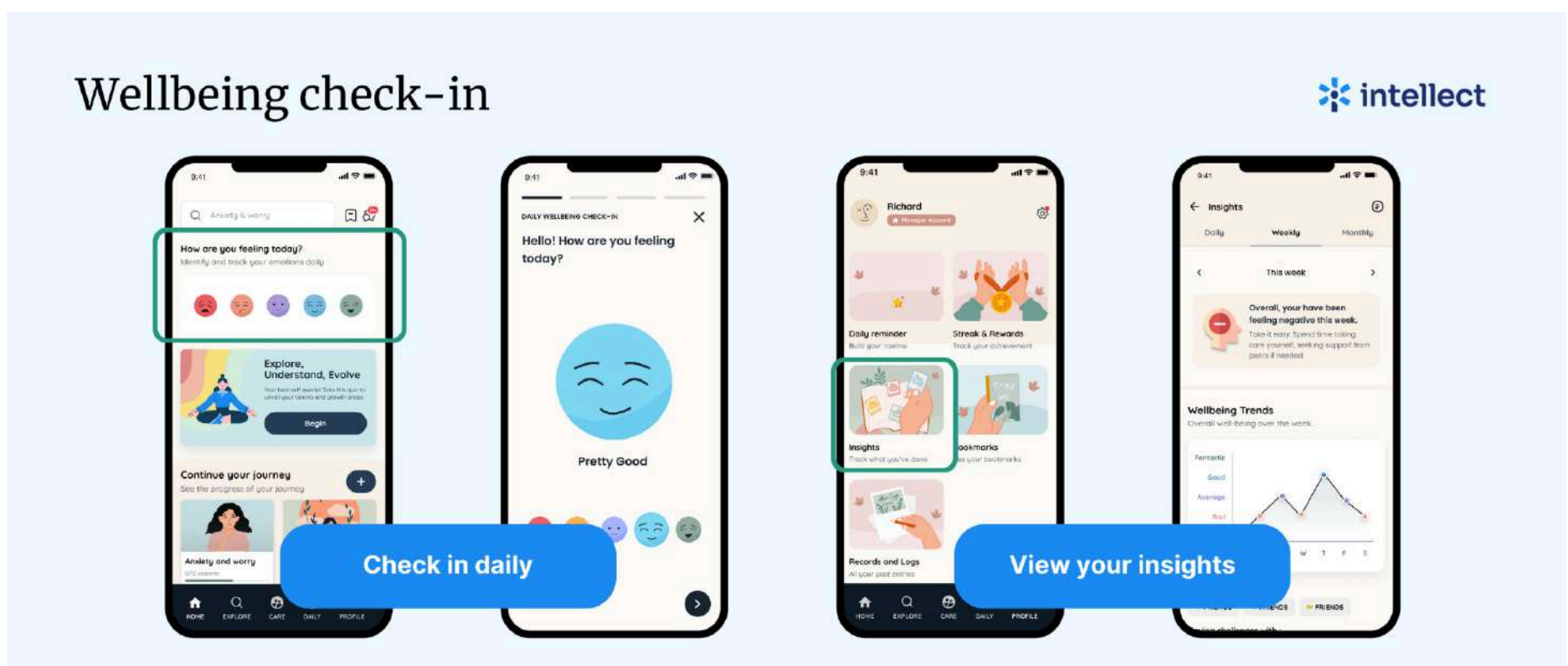
[Greeting],

Last week, we shared about how anyone and everyone can benefit from coaching through our wellbeing platform, Intellect. This week, we'd like to highlight a feature you might find useful as well: Intellect's Wellbeing Check-Ins.

Build a Habit to Check-in on Your Wellbeing

We all know it's important to have regular check-ups with a doctor for our physical health. But what about our mental wellbeing? Staying attuned to your emotions can help boost resilience, reduce stress, and align your efforts on things that bring you joy.

Use Intellect's wellbeing check-ins to keep stock of your mood and stress levels over time. Try making these regular wellbeing check-ins a part of your daily self-care routine to reap the full benefits!



Still haven't tried Intellect? It's easy to get started.

[SSO instructions] [Download the Intellect app](#) on your phone, then:

1. Select "I'm new here" then "With your organisation"
2. Select "Continue with SSO"
3. Sign up using your **work email address**

[Access code instructions] [Download the Intellect app](#) on your phone, then:

1. Select "I'm new here" then "With your organisation"
2. Enter the access code: **CODE**
3. Select your language, then sign up using your **work email address**

We hope you'll make full use of this benefit available to you!

[Sign-off]