

Women's Day


Available in English and Simplified Chinese

In recognition of Women's Day, we're introducing a bonus campaign that helps individuals understand how women's hormones respond differently and what can help better support rest and recovery.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 6 March 2026

English

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<p>♥ With Women's Day coming up this weekend, it's a reminder to check in with yourself and your body.</p> <p>For women, certain hormones can function differently – affecting mood, rest, and recovery. With our wellbeing benefit, Intellect, let's unpack these differences so you can better tune into what your body needs and support it accordingly for a more balanced and resilient overall wellbeing.</p> <p>Dive deeper into the Women Wellness collection on the Intellect platform for all content dedicated to women's health!</p> <p>If you haven't already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p>On Web</p> <ol style="list-style-type: none">1. Visit app.intellect.co (please hyperlink here)2. Enter access code CODE*/ Click "Continue with SSO"***3. Create your account using your work email address <p>On App</p> <ol style="list-style-type: none">1. Select 'I'm new here', then 'With your organisation'2. Use the code CODE*/ Click "Continue with SSO"***3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF, or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version GIF version</p>  <p>Check out Women Wellness on app.intellect.co for all content dedicated to women's health!</p>

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<p>♥ 随着本周末妇女节的到来, 请记得关照自己、了解自己的身心状态。</p> <p>女性体内的某些激素运作的方式有所不同, 它们会影响情绪、休息和恢复。借助我们的身心健康福利平台 Intellect, 一起来了解这些差异, 感应身体真正的需求, 并给予身体恰当的支持, 帮助建立更平衡、更有韧性的整体身心健康。</p> <p>前往 Intellect 平台的《女性健康专区》, 深入探索所有为女性健康打造的内容!</p> <p>如果还没有用过 Intellect, 请立即在 桌面/移动设备 上用它来开始预约辅导、关怀或整体健康课程。</p> <p> 桌面版</p> <ol style="list-style-type: none">1. 访问 app.intellect.co (please hyperlink here) 并点击“注册”2. 输入访问代码 CODE*/“使用 SSO 登入”**3. 使用工作邮箱创建账户 <p> 移动应用程序</p> <ol style="list-style-type: none">1. 选择“我是新用户”, 然后选择“以组织身份加入”2. 输入访问代码 CODE*/点击“使用 SSO 登入”**3. 使用工作邮箱注册 <p>*请使用贵公司/机构的唯一访问代码 **仅适用于已启用单点登录 (SSO) 的公司/机构</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>