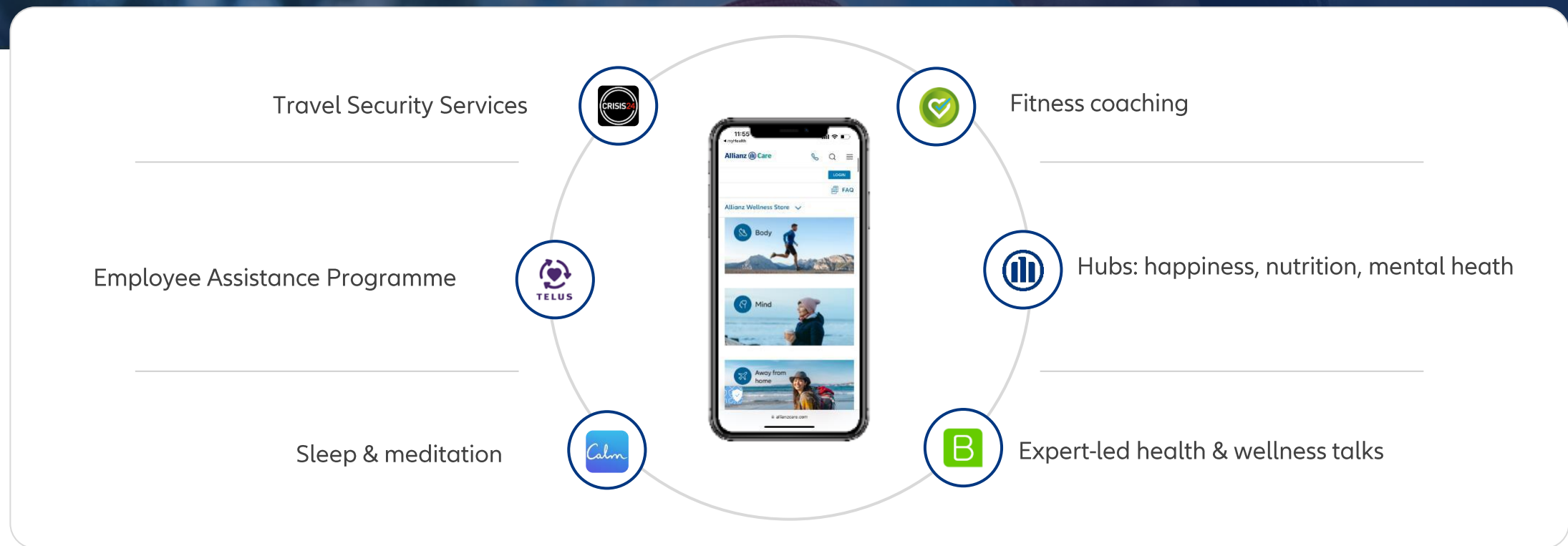




Health & Wellness hub



Travel Security Services



As the world witnesses an increase in security threats, we help you to mitigate the risks to your staff.

Our **24/7 Travel Security Services** offer access to a rich pool of **information, advice and support**, whenever you need it.



Emergency security assistance hotline



Daily security news updates



Country intelligence and security advice



Travel safety alerts and Newsletter

How to access :

[Web access](#) [Apple App](#) [Android App](#)

To register, add your email and the Member ID: **ALLIANZTSS** | Login using your registered email address

Sleep & Meditation app

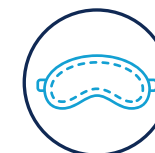
New!



Mental health support that empowers individuals to navigate life's twists and turns. The evidence-based programs, mindfulness and meditation content are designed for maximizing user engagement.



Learn life changing skill of meditation



Sleep stories to help you fall asleep



Music to help you focus, relax and sleep

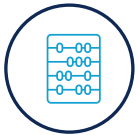


Masterclasses taught by world renowned experts

Fitness coaching app



Dacadoo: a fitness coaching app for you to help employees take steps towards a healthier life



Calculate your Health Score and get personalized recommendation



Chat with a conversational lifestyle coach



Find tips on how to live and maintain a healthy life



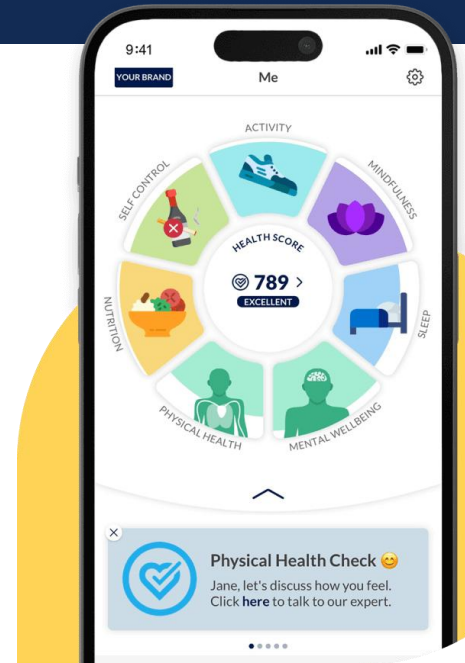
Set goals and choose an action plan



Join challenges to keep motivated



Track activities to reach their goal



How to access :

[Apple App](#)

[Android App](#)

Access code: Allianz

Discover our Wellness Hubs

Bringing together expert guidance, self-help tools, and practical resources to support your health: mind, body, and beyond.



Women's Health

From menstrual health, family planning, menopause and healthy ageing—we help you understand what's available to you.



Mental Wellness

Includes expert videos, self-care tools, podcasts and guidance on mental health cover.



Cancer Support

Discover practical tools, clear next steps, and emotional support that will help you navigate a cancer diagnosis.



Nutrition

Find insights and recipes curated by a registered nutritionist to help you enhance gut health and maintain a healthier lifestyle.



Water

Understand global water risks and explore sustainable solutions for families, businesses, and communities.



Happiness

Explore tools and expert guidance to help improve wellbeing and build a fulfilling life.

Beyond Wellbeing Video Podcast Series

What does it mean to go Beyond Wellbeing?

It means **moving from surviving to thriving**, from **treatment to prevention**, from **isolation to community**.

Join us as we explore the science of longevity, the power of mental wellness, and the practices that add life to your years. Through expert insights and real stories, discover the tools and support that transform health from a goal into a way of life.

Because true wellbeing goes beyond feeling good - it's about living fully.

The series

- 6 filmed podcast episodes (30-35 minutes each)
- Content blends leading medical expertise, evidence-based strategies, and actionable practices that empower viewers to take charge of their health



Where to watch or listen?

[Vimeo](#)

[BrightTalk](#)

[Podcast](#)

* Video podcast series replaces previous live webinars

Agent360

learning hub for intermediaries



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