

Exclusive Offer: Free Access to Mental Wellbeing App, Intellect



MSIG

Insurance
that sees
the heart in
everything

intellect

At MSIG, we understand that your employees are your most valuable asset. Employee wellbeing is crucial for your business success - improving employee wellbeing can increase employee engagement, productivity, and morale.

From now on, apply for SME Group Medical Insurance and enjoy exclusive access to award-winning mental wellbeing app, **Intellect**. By integrating technology with a human touch, your employees can get on-demand support for their mental wellbeing needs.

Key features of Intellect



1-to-1 Coaching

Connect with the certified coaches to support you in achieving your goals

- Communicating boundaries
- Managing anxiety & stress
- Leadership coaching
- Local Behavioural Health Coaches in 20+ countries across Asia & APAC
- Professional providers include ICF certified Coaches, Counsellors, Psychologists, Crisis Counsellors
- Languages available: English, Mandarin, Malay, Cantonese, Vietnamese, Thai, Japanese, Korean, Hindi, Spanish, etc.



Self-guided Tools



Learning Paths

- To build skills for everyday challenges and resilience
- Emotion regulation
- Decision-making



Wellbeing Check-ins

Track your mood & stress, and a report of your wellbeing trends



Guided Journaling

- Gain deeper understanding of your thoughts & feelings
- Gratitude
 - Problem solving



Rescue Sessions

Stand-alone sessions for in-the-moment support

- Procrastination
- Feeling lost
- Stress & overwhelm
- Criticism



Daily Tools

Quick wellbeing exercises

- Deep breathing
- Pre-sleep relaxation

Find out more

To learn more about SME Group Medical Insurance, please visit:



專屬優惠： 免費體驗Intellect 心靈健康應用程式



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三井住友保險明白您的僱員是您最重要的資產。僱員的心靈健康對公司的成功發展非常重要 – 提升僱員的心靈健康能增加僱員敬業度、生產力及士氣。

由即日起，成功投保中小企團體醫療保險可免費體驗屢獲殊榮的Intellect心靈健康應用程式。結合科技及人性化，讓僱員可按需要簡易地獲得心靈健康支援。

Intellect 的主要功能



指導晤談

認證教練與您進行指導，以支援您實現目標

- 溝通界限
- 管理焦慮和壓力
- 領導才能指導
- 亞洲和亞太地區20多個國家的本地行為教練
- 專業人員包括 ICF 認證的教練、輔導員、臨床心理學家、危機輔導員
- 可選用語言：英語、普通話、馬來語、粵語、越南語、泰語、日語、韓語、印地語、西班牙語等。



自我輔導工具



學習旅程

- 培養應對日常挑戰和韌性的技能
- 調節情緒
- 作出決策



健康檢查

追蹤您的情緒和壓力，以及提供您的健康趨勢報告



指導日誌

更深入了解您的想法和感受

- 感謝
- 解決問題



拯救課程

獨立時段以提供即時支援

- 拖延
- 失落感
- 壓力和不堪重負
- 批評



日常工具

快速健康練習

- 深呼吸
- 睡前放鬆

了解更多

如欲了解更多中小企團體醫療保險，請瀏覽：

