



Health & well-being



From prevention to urgent help — heycare is here for you.

Care, guidance and knowledge all in one place. Support before the challenge becomes overwhelming — and immediate help when you need it most.



For a healthy & balanced life

Eat healthier, sleep better, move more and stress less — heycare has just what you need.



For everyday support

Good advice, a fresh perspective or simply someone to talk to — heycare is by your side every day.



Immediate help — when it matters

Life doesn't always go smoothly — heycare is here for you through difficult times.

What you discuss here stays confidential.

heycare is paid for by your employer — but it's for you alone to use. No one at your company will know whether you use heycare or what you use it for.



100% anonymous



Data privacy guaranteed



Certified and secure

It's already activated. All it needs is one more click.

Available to you anytime, anywhere — on your phone or laptop.

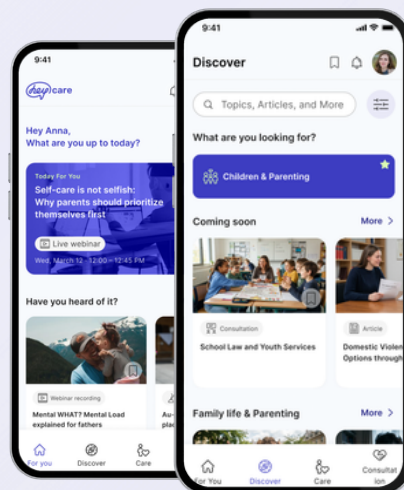


Your self-care starts here

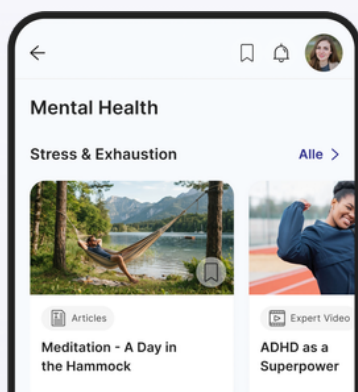
100% confidential

completely free of charge

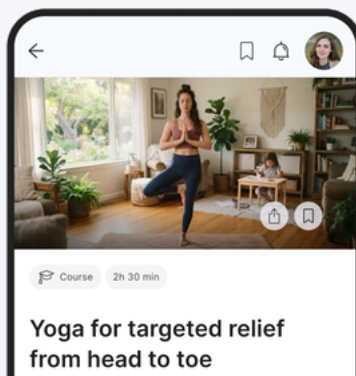
available at any time



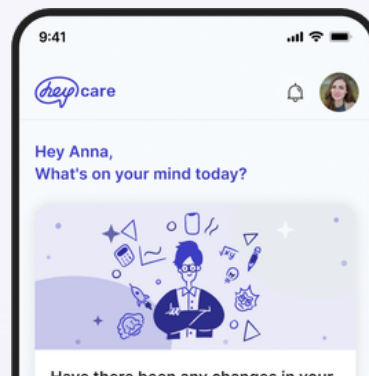
What's inside your app



Over 800 helpful articles



More than 300 courses and videos



Content tailored to you

How hey!care is used

Stories from hey!care users showing how our services make everyday life easier — quickly and effortlessly.

“I want to live a healthier life.”

Irina, 29 – Works in customer service

Uses hey!care to prioritize self-care

Webinars and courses on **nutrition, sleep and healthy living** — available whenever it suits you.

“I’m constantly stressed and restless.”

Richard, 52 – Works in sales

Uses hey!care to feel calmer and quiet racing thoughts

hey!care supports you through **life's growing challenges** — before they become a crisis.

“I can’t find a therapist.”

Alex, 44 – Works as an operations manager

Uses hey!care in an emergency

A quick initial consultation and **immediate support** — without long waits or bureaucratic hurdles. hey!care is with you every step of the way.



Questions? team@hey!care.com