heycare

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

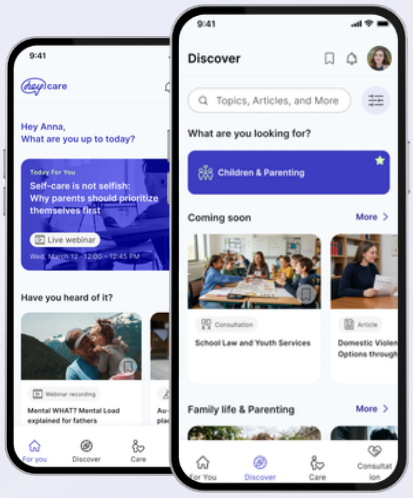
Certified and secure

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

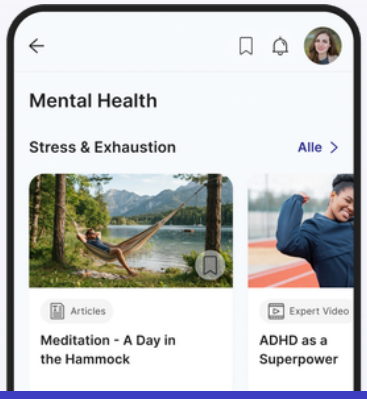
Available to you anytime, anywhere — on your phone or laptop.

Your self-care starts here

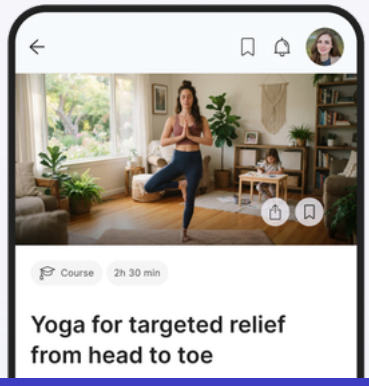
100% confidential | completely free of charge | available at any time



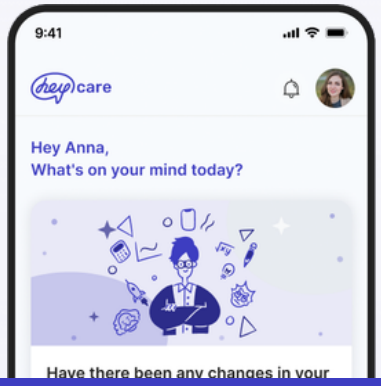
What's inside your app



Over 800 helpful articles



More than 300 courses and videos



Content tailored to you

How heycare is used

Stories from heycare 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 heycare 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 heycare to feel calmer and quiet racing thoughts

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

"I need guidance and practical advice."
Alex, 44 – Works as an operations manager
Uses heycare to access personal 1:1 consultations

Get personal support through **1:1 consultations** with experts who help you navigate challenges in your everyday life.

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Questions? team@heycare.com