

Wisdom AI – Health Assured’s world-first wellbeing tool!

What is Wisdom AI?

We know when you need answers to your wellbeing questions, you need them fast.

So our exciting new innovation packages our counsellors’ knowledge and the latest artificial intelligence into a search engine you can trust.

How does Wisdom AI work?

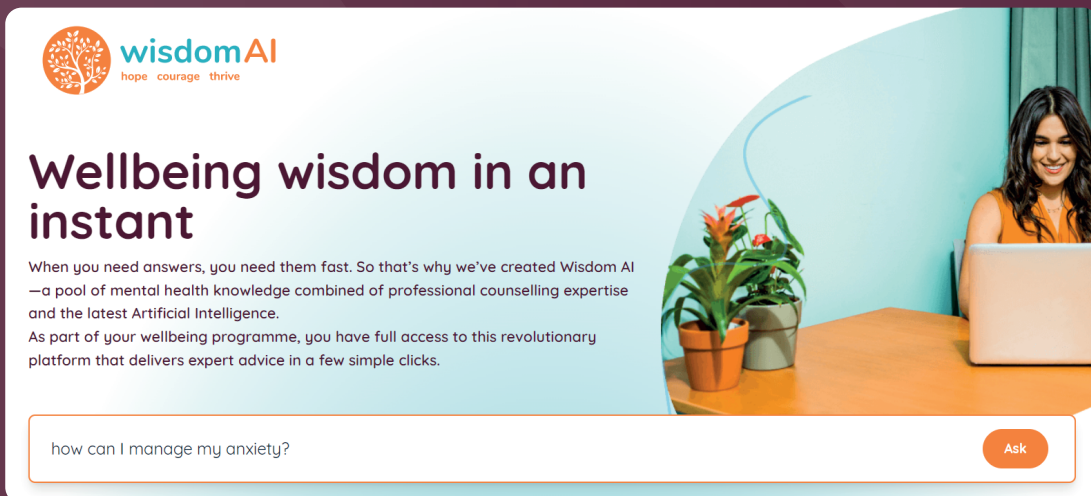
Our team have answered thousands of the most common questions we see across the helpline, and we’ve compiled them in a revolutionary platform that you can access anywhere—any time.

With this new tool, you won’t need to search and scroll websites for instant information, you can get insights from counsellors who have years of experience helping people through these issues.

This fantastic new knowledge hub can be the first port of call for anyone with a wellbeing question on their mind.

How do I access Wisdom AI?

You can access Wisdom AI at any time via the Health Assured portal. The link in the menu bar will take you directly to the Wisdom AI homepage, where you can ask your question.



The screenshot shows the Wisdom AI interface. At the top left is the Wisdom AI logo with the tagline 'hope courage thrive'. Below the logo is the heading 'Wellbeing wisdom in an instant'. Underneath is a paragraph: 'When you need answers, you need them fast. So that's why we've created Wisdom AI—a pool of mental health knowledge combined of professional counselling expertise and the latest Artificial Intelligence. As part of your wellbeing programme, you have full access to this revolutionary platform that delivers expert advice in a few simple clicks.' At the bottom of the interface is a search bar containing the text 'how can I manage my anxiety?' and an orange 'Ask' button. To the right of the text is a photograph of a woman with long dark hair sitting at a desk with a laptop and a potted plant.

What questions can I ask?

We’ve got every mental health topic covered. Whether you’re looking to help yourself, or someone else. Some of the most common questions we get asked are:

- What are the signs of imposter syndrome?
- What is anxiety?
- What can I do to manage my emotions at work?
- How can I sleep better?

What if I need further support?

If you want to talk about any of the topics in more detail, you can call us at any time. You can find the helpline number on your Health Assured portal homepage.