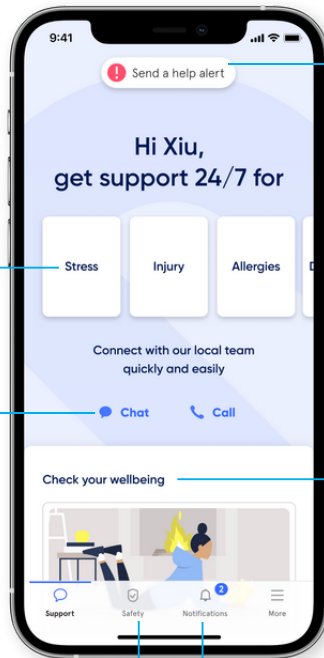


Here's how Sonder can support you

Popular help topics

Start a live chat, call or discover helpful resources across these common topics



Live chat or call

Connect with nurses, psychologists, wellbeing experts and emergency responders directly

24/7 help alert

Instantly connect with the Sonder team or emergency services

Resources

Access information on a wide range of topics, such as:

- Stress and anxiety
- Mental health
- COVID-19
- Fatigue and sleep
- Family and relationships
- ... and much more

Wellbeing assessment

Our quick and easy questionnaires will allow you to reflect on your wellbeing and overall health

Track my journey and check on me

Feel safe and secure knowing someone is always looking out for you when you travel home after work, meet someone new or walk alone in an unfamiliar area

Notifications hub

Sonder constantly scans the environment for events that might impact your safety, such as natural disasters, COVID-19 changes or criminal incidents nearby. Find all relevant updates here

Scan QR code to watch a short 'Introduction to Sonder' video



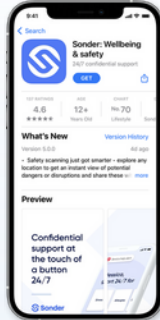
Sonder is available to Allianz Care Australia OSHC policyholders who have purchased policies from selected education agents and institutions. Visit sonder.au/allianzcare for eligibility and T&Cs.

Get started with your Sonder account

Simple step-by-step instructions:



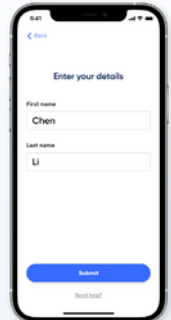
1 Scan the QR code above



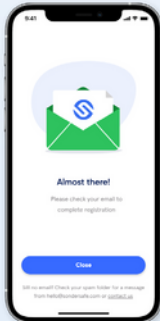
2 Download the Sonder app on your smartphone



3 Enter the email address you provided when signing up for your Allianz Care OSHC policy



4 Enter your first and last name and click the 'submit' button



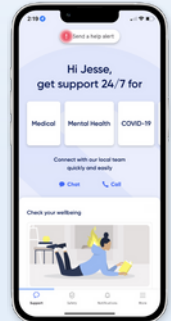
5 Check your inbox for a Sonder email (Check your junk mail if it's not in your inbox)



6 Open the email and click the 'Set Your Password' button



7 Set a memorable password with the criteria outlined and click 'Submit'



8 Start using the Sonder app

For further registration or login support, reach out to hello@sonder.io

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