

DISCOVER THE NEW BENEVITA APP TODAY



START A CHALLENGE

BECAUSE HEALTH
IS EVERYTHING

SWICA

HEALTHIER EVERYDAY WITH BENEVITA

NUTRITION



EXERCISE



WELLBEING



Often there's hardly any time for relaxation, healthy nutrition and regular exercise. We would like to encourage you to make time by using the new BENEVITA app.

BENEVITA is your digital health coach, helping you to make your everyday life healthier by completing challenges. You could take a quiz, for example, cook a healthy meal, exercise outdoors in the fresh air or meditate. You win twice over: Through these activities you support your healthy lifestyle and enjoy attractive offers and premium discounts with the awards you collect.

Scan the QR code and get to know your digital health coach.



Find out more and download the app:
swica.ch/benevita





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