



# DISCOVER THE **BENEVITA APP** TODAY.

Start a challenge:  
[swica.ch/benevita](https://swica.ch/benevita)

BECAUSE HEALTH  
IS EVERYTHING

**SWICA**

# HEALTHIER EVERYDAY WITH BENEVITA.

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.

## **MAKE EVERYDAY LIFE HEALTHIER**

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.

## **SECURE PREMIUM DISCOUNTS**

Benefit twice over: Through these activities you support your healthy lifestyle and enjoy attractive offers and premium discounts with the awards you collect.

NUTRITION



EXERCISE



WELLBEING



SCAN THE QR CODE  
AND GET TO KNOW  
YOUR DIGITAL  
HEALTH COACH.



Find out more and download the app:  
[swica.ch/benevita](https://swica.ch/benevita)



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