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NOT FEELING YOURSELF TODAY?

As a valued member of Bolton Wanderers, we are thrilled to announce an exciting new benefit. We have partnered with **InsideOut**, a cutting-edge virtual coaching and therapy app. Scan to download > create account > scan again to gain free access! 18+

WHAT IS IT?

InsideOut is a mental wellbeing app. The InsideOut app offers a host of features that will enrich your personal growth journey. Through the app you will have access to their **brand new AI coach, 'Remi'** to help guide you in your mental health journey, **24/7**. You can also take part in tailored classes and activities through the app such as **meditations, journaling tips, and podcasts** hosted by wellbeing experts.

GET STARTED!

SCAN BELOW



InsideOut®

