



Wellbeing Compass

Eight dimensions.
One step at a time.



**Scan to start
your check-in.**

check-in.cogni4health.com
cogni4health.com

How it works

01

Build your compass

Use the supplied pieces and fastener to assemble your manual compass.

02

Add the eight dimension stickers

Match each sticker to the dimension shown in your kit guide.

03

Start your check-in

Visit check-in.cogni4health.com and complete the eight-dimension wellbeing assessment.

04

Activate your personal compass

View your wellbeing overview, explore suggested tools and choose your next step.

Check in again to follow changes over time.
Personalized results appear in the platform.

Cogni is not an emergency service and does not replace professional care.

cogni4health.com

Your eight dimensions



Physical

Sleep, energy, movement and nutrition. Tools for smoking cessation, understanding a diagnosis, and adapting after surgery or childbirth, alongside professional care.



Emotional & Intellectual

Emotions, stress, concentration, learning and how you make sense of your experiences.



Social

Relationships, connection, belonging and the support around you.



Occupational

Work, studies, daily responsibilities and how these fit with your life.

Your eight dimensions



Spiritual

Meaning, values, purpose and what helps you feel grounded.



Behavioral

Everyday habits, routines and actions that influence your wellbeing.



Environmental

Your surroundings, safety, stability and the spaces you live in.



Financial

Financial stability, pressures, choices and your sense of control.