



Free, expert men's health and fitness support on the Peppy app

Personalised support in your pocket

Access confidential, anonymous support from human experts. Anytime, anywhere on the Peppy app.



1-to-1 messaging with men's health experts and PT



40-min 1-to-1 video/phone consultations



Guidance around symptoms and treatment



Library of expert articles & resources



Peer support and group chat



Live virtual events with expert speakers



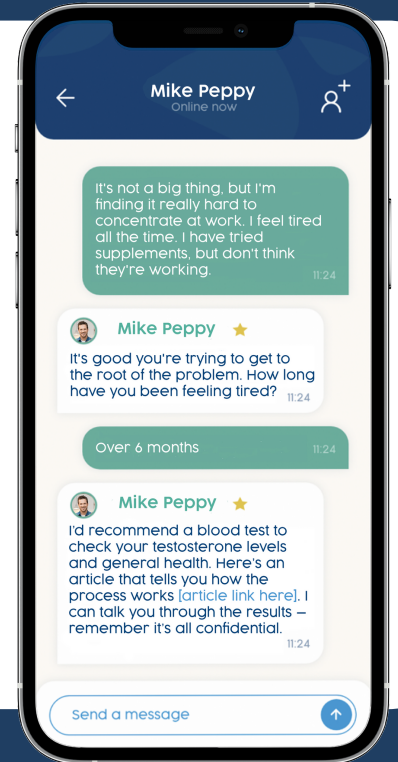
On-demand tips & explainer videos



Education & lifestyle programmes



Specialist mental wellbeing support



Some of the topics covered by Peppy...

Fitness and lifestyle

- Managing your weight
- Nutrition and exercise
- Optimising sleep
- Fitness programmes including weight lifting and running
- Private chat with personal trainer

Male specific health

- Testosterone testing and therapy
- Erectile and sexual dysfunction
- Sexual health advice
- Penis and prostate health
- Understanding your reproductive health

Building resilience

- Managing emotions
- Relationships and intimacy issues
- Stress and anger management

Prevention

- Helping men know when to see a GP
- Being aware of common red flags
- Advice on health checks and screening

Download the Peppy app today

Search 'Peppy Health' in your app store or scan the QR code

