

# Helping employees keep on top of their health

For employer use. Can be used with advisers.



Working together with



## Give them a free yearly Health Check with the Aviva DigiCare+ Workplace app

As an employer, you know how important it is to help your employees to stay healthy. This simple Health Check can help them prevent or spot problems early and manage their health better.

## Health Check

The Health Check available with Aviva DigiCare+ Workplace is an annual health assessment delivered through a pin-prick blood test. It's so easy to administer, your employees can do it themselves at home.

The Health Check looks at 20 different health markers to identify problems early on. It covers issues like the risk of diabetes, cholesterol status and liver health. Your employee will get a personalised health report giving information about their results.

With a follow-up consultation also available, this simple yearly Health Check can help your employees keep on top of their health.

### The benefits

- ✓ **Detect** early risk warnings and signs
- ✓ Enables **early intervention**
- ✓ **Convenient** and easy to take at home
- ✓ Helps employees **pro-actively manage** their health

### Who's it for?

Available to employees insured under Aviva's Group Income Protection or Group Critical Illness policy.

## Look after your employees with Aviva DigiCare+ Workplace



Your people make your business, so if they are not in good health, neither is your business.

The Aviva DigiCare+ Workplace smartphone app, provided by Square Health, gives your employees the guidance and care they need to help detect, manage and prevent physical and mental health problems.

A Group Income Protection or Group Critical Illness policy should not be taken out for access to Aviva DigiCare+ Workplace. The main purpose for taking out a policy should be the financial protection available.

Aviva DigiCare+ Workplace is a non-contractual benefit, which Aviva can withdraw at any time. Terms and conditions apply, which can be viewed in the app. Employees will need to agree to these before using the services. Personal data is collected and used in accordance with the Square Health privacy policy found at: [http://cms.squarehealth.com/aviva\\_group/privacy\\_policy.html](http://cms.squarehealth.com/aviva_group/privacy_policy.html)

### Accessing Aviva DigiCare+ Workplace

- 1 You'll receive an email asking you to log in to the Square Health employer portal.
- 2 You'll be asked to load the email addresses of all insured employees into the portal.
- 3 Square Health will email each employee an invitation to register for Aviva DigiCare+ Workplace (compatible with most iOS and Android mobile devices). Mobile data charges may apply.

### £ How much does this service cost?

The Health Check is available at no additional cost.

### Find out more

If you want to find out more about Aviva DigiCare+ Workplace and the services available, please get in touch with your **usual Aviva contact, employee benefits consultant or financial adviser.**

