

It's good to talk

For employer use. Can be used with advisers.



Working together with



Give your employees access to a Mental Health Consultation with the Aviva DigiCare+ Workplace app

Mental health is as important as physical health, and there is often a link between the two. Helping your employees manage their mental health is a vital part of keeping them healthy.

Mental Health Consultation

Getting help as early as possible can play a big part in tackling mental health issues. The Mental Health Consultation offers your employees tailored advice from a mental health professional by video or phone, on average within 48 hours.

The service can help with all types of issues, from workplace stress to money worries, family conflict to divorce, big life changes to dealing with family history and more. It also offers a bereavement service to help those coping with grief.

In each policy year, up to six Mental Health Consultations are available, shared between the employee and their immediate family. Up to an additional six bereavement sessions are available, these are also shared between the employee and their immediate family.

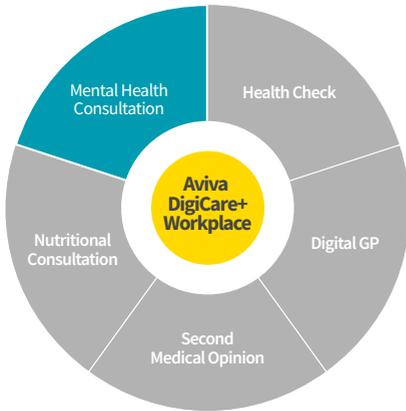
The benefits

- ✓ **Keep on top** of mental health
- ✓ Help **prevent and detect** issues
- ✓ **No need to wait** for a referral through the NHS, allowing earlier intervention
- ✓ **Convenient** – have a consultation at home or another safe place
- ✓ Completely **confidential**

Who's it for?

All employees insured under Aviva's Group Critical Illness or Group Income Protection policies, their spouse or partner, and children from age 16 up to age 18, or 21 if in full time education.

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

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.
- 4 Once registered, your employee can ask Square Health to send an invitation to register their spouse or partner and any children over the age of 16 for a separate app. Details for children under age 16 will sit within your employee's app and can be added to the app of their spouse or partner.

£ How much does this service cost?

The Mental Health Consultation service 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.**

