

Encouraging a **healthy** relationship with food

For employer use. Can be used with advisers.

Working together with



Give your employees a **Nutritional Consultation** with the **Aviva DigiCare+ Workplace app**

Helping your employees understand how what they put in their bodies can make a real difference is an important part of keeping them healthy.

Nutritional Consultation

A consultation with a qualified nutritionist can help people understand more about how important nutrition is for their health and wellbeing.

Healthy food choices can help achieve good physical fitness, which in turn can affect mental health. That's why it makes sense to help establish a healthy relationship with food.

This service offers up to six 30-minute consultations with a nutritionist in each policy year, shared between the employee and their immediate family.

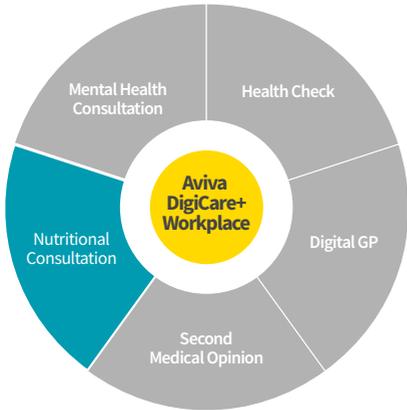
The benefits

- ✓ Helps **reset relationships** with food
- ✓ **Encourages** people to understand the importance of gut health on their general wellbeing
- ✓ Encourages long-term **lifestyle changes**, encouraging accountability in food choices, helping with weight loss and boosting energy
- ✓ **Tailored** to the person's life stage, helping them adapt their diet as their circumstances change

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 12 up to the age of 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 Nutritional 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.**

