



Aviva DigiCare+ Workplace

Good preventions



Annual Health Check

Help head off future health issues with a simple fingerprick test you can administer yourself

Keeping on top of your health is so much easier if you can pinpoint any potential risks early. And a yearly Health Check can work wonders for your peace of mind.

Download the Aviva DigiCare+ Workplace app and you can take advantage of an annual health assessment delivered through a fingerprick blood test. It's convenient - you can do it yourself at home, so there's no waiting around and no need to attend a hospital or clinic.

When your test has been examined, you'll receive a personalised health report in the mobile app giving you a full breakdown of your results, with recommendations on any further actions you may need to take.

Yearly test and analysis included in Aviva DigiCare+ Workplace

The benefits of an annual Health Check

- ✓ **Convenient**, the Health Check will be sent to your home address
- ✓ **Checks 20 different health markers** to enable early intervention
- ✓ **Includes a personalised health report** with follow-up consultations available
- ✓ **Help spot problems early**, including diabetes risk, cholesterol status and liver health

This service is available to you if you're insured through your employers Group Protection Policy and is a non-contractual benefit Aviva can change or withdraw at any time. Terms and conditions and the privacy policy for Aviva DigiCare+ Workplace can be viewed in-app. Aviva DigiCare+ Workplace is provided by Square Health.



Download the Aviva DigiCare+ Workplace app from the App Store or Google Play. Mobile data charges may apply. Instructions on how to register can be found within your registration email. If you no longer have this email, contact your HR team who can arrange for it to be resent to you.

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