

# Talking about simple care necessities

Aviva DigiCare+ Workplace



## Starting conversations about health and wellbeing with colleagues

- ✓ Do you have any worries about your health? Short-term or long-term issues can put a strain on anyone
- ✓ What have you struggled most with over these last few months?
- ✓ How easy do you find it to access health care when you need it?
- ✓ Do you know how your company can support your health and wellbeing?

## Introducing the Aviva DigiCare+ Workplace app

- ✓ Download it onto your smartphone and you'll have instant access to a range of health and wellbeing services
- ✓ It helps you prevent niggles turning into problems, helps detect issues early, and makes it easier for you to pro-actively manage your health and wellbeing
- ✓ The app puts you in control, letting you get help quickly when you need it.

## Three steps to put you in control of your health and wellbeing

- 1 Download and register for the free Aviva DigiCare+ Workplace app**
  - You'll get a registration email from Aviva inviting you to register for Aviva DigiCare+ Workplace
  - You can download it through the App Store and Google Play. It's compatible with most devices. Mobile data charges may apply
  - Initial registration is through your work email address, but you can change this to a personal one.
- 2 Order your first yearly Health Check**
  - This clinically validated test comes at no extra cost to you through Aviva DigiCare+ Workplace
  - A simple pin-prick blood test you can take at home
  - Checks for 20 different health markers – like diabetes, cholesterol and liver health – to spot any problems early on.
- 3 Explore Aviva DigiCare+ Workplace and the options open to you**
  - The app gives you access to a number of services to help you pro-actively look after your health and wellbeing
  - Some of the services can also be accessed by your spouse or partner and children, to help you take care of those you love
  - It can save time and help get you peace of mind if you're worried about aspects of your health.


## Aviva DigiCare+ Workplace at a glance



There are five different services available, all accessed through the Aviva DigiCare+ Workplace app. When using a service, the health professionals can refer to other services within the app if they feel they would be beneficial.

The app also links to information about useful NHS services and Aviva's gym discounts.

## How to find out more

 Find out more about Aviva DigiCare+ Workplace at: [aviva.co.uk/business/digicare](https://aviva.co.uk/business/digicare)

This is an employer facing page where you can find out more about the service and download marketing materials to use with your team.

Aviva DigiCare+ Workplace is powered by Square Health. These services and the smartphone app are non-contractual benefits Aviva can withdraw at any time.

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