

Aviva DigiCare+ Annual health check

A health MOT from home

The annual health check is the cornerstone of the Aviva DigiCare+ smartphone app.

It provides a quick and comprehensive medical assessment by checking for a range of conditions using a finger-prick blood sample. It's done at home, tested in a lab and includes a personalised report. It's a great way to spot problems early on and to help prevent them from becoming bigger issues.

We asked three advisers to tell us about their experience of using the health check.

One test, 20 health markers

1. Your client requests the health check through the Aviva DigiCare+ app and returns their blood sample by Freepost.
2. The sample is tested in a lab for 20 different health markers within 7 risk areas: diabetes risk, gout risk, cholesterol, proteins, and liver, kidney and bone health.
3. Your client can then have a follow up consultation with a digital GP who will talk through their personalised report.

Provided by Square Health. Not available in Gibraltar.

About Aviva DigiCare+

The health check is just one element of the Aviva DigiCare+ smartphone app. Available with eligible individual protection policies, Aviva DigiCare+ offers health and lifestyle benefits, treatment support and bereavement support, with services provided by a range of third parties, helping your client to prevent, detect and manage common health and wellbeing concerns.

Aviva DigiCare+ is a non-contractual benefit Aviva can change or withdraw at any time.

Terms and conditions and the privacy policy can be found within the app.



A picture of health without leaving the house

The health check can pick up problems early on, allowing your client to seek treatment or make changes to their lifestyle. Domonik did just that...

Domonik hadn't been eating healthily during lockdown, and, although he had no symptoms, a family history of Type 2 diabetes was playing on his mind. Doing the health check from home was a great way for him to be able to check for signs of diabetes without going to his GP.

Domonik was surprised to find that his sugar levels were normal, but his cholesterol was in the moderate to high range.

Following the advice given in his follow up Digital GP consultation, Domonik made some small changes to his lifestyle, following a healthier diet and eating less cheese! A subsequent blood test at his usual GP confirmed that his cholesterol was back in the normal range.

“ I probably wouldn't have done anything if it wasn't for the app. I probably would've just carried on with life - carried on doing what I was doing.”

Domonik was able to resolve a problem he may not have known about had he not used the health check.



Early intervention is key

Domonik's story is a great example of how early detection is a great way for your clients to find out about health issues and make changes to improve, or even eradicate, the problem. After all, they say that prevention is better than cure, and Jamie agrees...

Jamie described the health check as a 'no-brainer' when it comes to preventing potential health issues, particularly ones that could go unnoticed.

The sooner an issue is identified, the sooner it can be acted on.

“ I'm the type of person who likes to be cautious so if I can try and prevent something from happening, it's a no-brainer for me. I wouldn't have a clue about my blood sugar levels ordinarily - you want to make sure that you're healthy. ”



Follow up advice from a digital GP

The health check includes a follow-up consultation with a digital GP. Your client can discuss the findings of their report and talk about any treatment or actions they can take away.

Sarah was reassured after talking through her results with the digital GP...

Sarah's personalised report showed that one of her markers was slightly high, so she booked her follow-up consultation with the Digital GP to discuss it.

Speaking to the consultant from the convenience and comfort of her home, Sarah found that the talk helped remove any concerns.

The health check can be done once a year, so it's easy to keep track of progress.

“ The GP was very helpful and put my mind at rest. The report was very interesting and it's motivated me to do something about my cholesterol. I look forward to the next check to see if it is now normal. ”

Aviva DigiCare+ could help your clients take small steps to better health. To find out more, speak to your Account Manager.