

For employer use only. Not for use with policy members.



Refreshingly brilliant

Health and wellbeing services available now

Here to help make life easier for your employees

Life can get complicated at times, and when it does you might find your employees need a little more help to get by. That's why we provide access to several additional extras that run alongside their workplace health insurance cover. From online health management, discounts and digital GP services, this wide range of extras can help them live life to the full.

Additional services that give your workforce more options

We've designed our added value features to help you extract the maximum value from your cover with us. We're confident your workforce will like our health and wellbeing services.



For full details about Solutions, please refer to the brochure and terms and conditions available from your Aviva Account Manager or intermediary.

Solutions: seven added value benefits for mind and body

1 Aviva Line Manager Toolkit: Mental Health*

From awareness to action

- ✔ Toolkit of video modules, designed by clinicians, to help increase awareness of employee mental wellbeing.
- ✔ Helps line managers identify signs and symptoms of poor mental wellbeing among team members, both in the physical and remote working environment.
- ✔ Empowers managers to feel confident in conversations with team members, addressing issues before they escalate.

 For more information visit:
aviva.co.uk/wellbeing-solutions

2 Aviva Wellbeing*

Where there's wellbeing, there's a way

- ✔ If your employees want to sleep more, stress less, lose weight or get fit, the Aviva Wellbeing app could help them achieve lifelong change - one easy step at the time.
- ✔ A wide range of health motivations and personalised hints and tips.
- ✔ Access to easy-to-follow action plans that empower employees to reach their goals.

 For more information visit:
aviva.co.uk/wellbeing-solutions

Terms and conditions and the privacy policy can be viewed in-app before signing up. Mobile data charges may apply.

3 Aviva Digital GP*

GP in your employees pocket

- ✔ Offers the guidance your workforce needs from a private GP via the app, with unlimited access to video consultations, 24/7.
- ✔ Employees can order NHS prescribed repeat medication within the app (all NHS England exemptions accepted) and get free UK delivery.
- ✔ Provided by Square Health and is available to residents of Great Britain, Northern Ireland, the Channel Islands, and the Isle of Man, at home or abroad.

 For more information visit:
aviva.co.uk/wellbeing-solutions

Terms and conditions and the privacy policy for Aviva Digital GP can be viewed in-app before signing up. Mobile data charges may apply.

4 Get Active*

Fitness at a discount

- ✔ Membership fee discounts, as well as savings on other products and services.
- ✔ We've also added online workouts to the menu of fitness activities.

 Terms and conditions apply and can be found at **aviva.co.uk/wellbeing-solutions**

5 Stress Counselling helpline

Talking matters

- ✔ Access to a 24-hour Stress Counselling helpline offering free confidential support from a trained counsellor.
- ✔ Available for employees and dependants covered on the policy (over 16s only).

Full contact details provided in member literature.

6 Mental Health Support*

Keep it in mind

- ✔ If your employees experience stress or anxiety, it can be difficult to get back on track.
- ✔ Helps them manage their mental health by providing access to information, videos and articles.

 For more information visit:
aviva.co.uk/wellbeing-solutions

7 MyAviva*

The app that brings it all together

- ✔ An easy way to view and manage Aviva policies in one place, whether at home or on the go.
- ✔ A gateway to check policies and start an Aviva claim.
- ✔ Live chat directly with one of our claims experts.
- ✔ 24/7 Virtual assistant supporting your employees whilst online

 For more information visit:
aviva.co.uk/myaviva-app

Available to download via App Store and Google Play. Mobile data charges may apply.

Just to remind you

*These services are non-contractual benefits Aviva can withdraw at any time. For full details about your private medical insurance, please refer to your policy terms and conditions.