

Added value, every day.

5 great reasons how you can benefit.

The great thing about these services is that you can use them immediately on your Solutions policy subject to the terms and conditions. For full details about your private medical insurance (PMI), please refer to the terms and conditions available from your Aviva Account Manager or Intermediary.

24/7 online support - from doctors to discounts

<p>1</p>	<p>Aviva Digital GP</p> <ul style="list-style-type: none"> • Get the guidance you need from an NHS-registered private GP via the app, with access to unlimited video consultations per member per policy year, 24/7. <p>Aviva Digital GP is powered 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.</p> <p>Terms and conditions for Aviva Digital GP can be viewed in-app before you sign up.</p>	<p>Available to download via App Store and Google Play</p> <p>Mobile data charges may apply.</p>
<p>2</p>	<p>MyAviva app</p> <ul style="list-style-type: none"> • Manage your Aviva policies online and at your convenience. • It's a gateway to check your policies and start an Aviva claim. • Download the app and check out the products available to get started. 	<p>aviva.co.uk/myaviva-app</p> <p>Mobile data charges may apply.</p>
<p>3</p>	<p>Aviva Get Active</p> <ul style="list-style-type: none"> • Up to 25% off membership at a range of UK gyms and health clubs. <p>Terms and conditions apply and can be found at aviva.co.uk/getactive.</p>	<p>aviva.co.uk/getactive</p>

Fast access to experts - just a phone call away

<p>4</p>	<p>BacktoBetter</p> <ul style="list-style-type: none"> • An independent clinical case management service for back, neck, muscle and joint pain (musculoskeletal conditions). • No need to see your GP, just call us to arrange an initial telephone appointment. 	<p>0800 158 3333*</p>
<p>5</p>	<p>Stress helpline</p> <ul style="list-style-type: none"> • Access to a 24-hour stress counselling helpline. • Available for members' and their dependants covered on the policy (over 16's only). 	<p>0800 158 3349*</p>

*Calls may be monitored and/or recorded