

Aviva DigiCare+ Workplace

# Simple **care** necessities

Download the app to help stay on top of your health and wellbeing



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.

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. It's available to you if you're a permanent resident of Great Britain, Northern Ireland, the Channel Islands or the Isle of Man. Terms and conditions and the privacy policy for Aviva DigiCare+ Workplace can be viewed in-app. Aviva DigiCare+ Workplace is provided by Square Health.



**We can help you stay healthy with the Aviva DigiCare+ Workplace app. It gives you the guidance and care you need to help detect, manage and prevent physical and mental health problems. It takes Aviva to help you live your best life.**

This easy to use mobile app makes it simple to access care and treatment from qualified professionals.



## **Aviva DigiCare+ Workplace services at a glance**

- ✓ **Health Check** - an annual check, via a self-administered fingerprick blood test, looks at 20 different health markers to help spot problems early, including diabetes risk, cholesterol status and liver health. It also includes a personalised health report with a follow-up digital GP consultation available.
- ✓ **Digital GP** - you can receive the guidance you need from an NHS-registered private GP through the app and usually receive an appointment within 24 hours. You have access to 20-minute video consultations (including wrap-up time), which can be shared with your eligible family members.
- ✓ **Nutritional Consultations** - you have access to 30-minute consultations with a trained nutritionist, which can be shared with your eligible family members. It offers advice and guidance on optimal eating plans, how to change your relationship with food and breaking bad habits.
- ✓ **Mental Health Consultations** - to help with many types of issues, from workplace stress to money worries, big life changes and more. Includes bereavement support for the unfortunate times when you need it. This service can be shared between you and your eligible family members.
- ✓ **Second Medical Opinion** - for an expert opinion on an initial diagnosis and treatment plan, this service can be shared between you and your eligible family members. These are UK based clinicians.

**There maybe limits to the number of times you can use these services, please refer to the app to check your full allowances.**

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