

Group Income Protection

Aviva DigiCare+ Workplace

Provided by Square Health, the Aviva DigiCare+ Workplace app puts the guidance and care your client's insured employees need to help detect, manage and prevent physical and mental health problems at their fingertips.

[Watch this video](#)[Read more here](#)

Terms apply

Online Library

Helpful content on all kinds of situations, from family and relationships, money or work, to mental or physical health conditions.

[Read more here](#)

24/7 Employee Assistance Programme (EAP)

Support available in the moment from qualified counsellors.

[Read more here](#)

Provided by Carefirst

Get Active

Insured employees can get discounts at over 3,000 health and fitness clubs, plus great at-home fitness offers and a range of savings on other products and services. Cancer Care with Get Active offers discounted products and services that can help support the daily living adjustments a cancer diagnosis and treatment can bring.

[Read more here](#)

Terms apply

Thrive Mental Wellbeing app

The app uses clinically effective techniques and cognitive behavioural therapy methods to screen for and help insured members manage specific stress triggers and retrain unhelpful thoughts.

[Read more here](#)

Terms apply

Aviva Mental Health Videos

Helps employees better understand and take control of their mental health, we offer a suite of bite-sized videos covering a range of topics.

[Read more here](#)

The Aviva Line Manager Toolkit: Mental Health

Provides bite-sized video modules to empower line managers to spot the warning signs of poor mental health.

[Read more here](#)

Terms apply

Wellbeing services are a non-contractual benefit Aviva can change or withdraw at any time. Residency restrictions may apply.

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