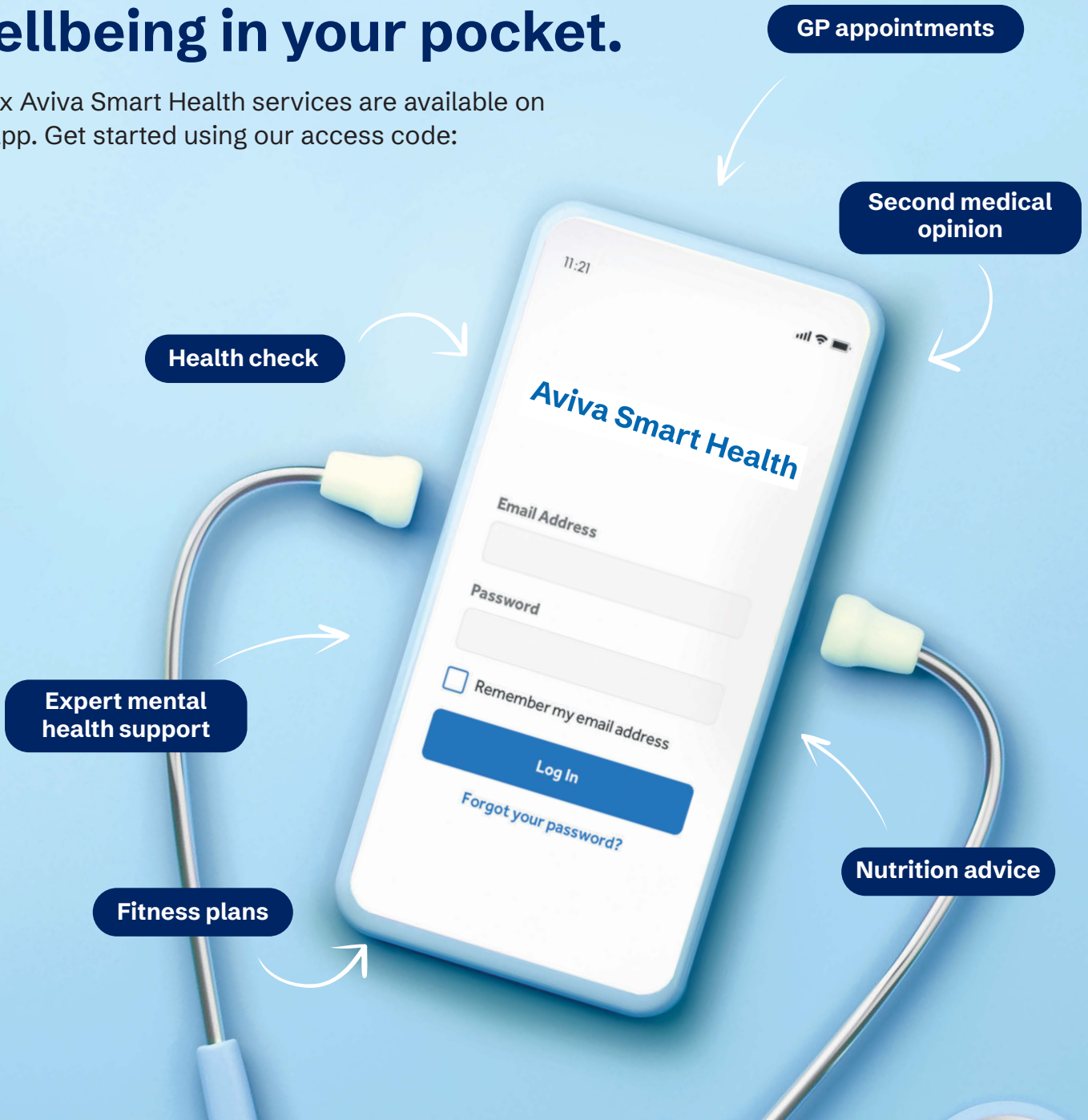


# Aviva Smart Health

## Say hello to health and wellbeing in your pocket.

All six Aviva Smart Health services are available on the app. Get started using our access code:



## Using the Aviva Smart Health app is easy - **appy days**

\*Aviva Smart Health is provided to select Aviva Life & Pensions UK Limited customers by Teladoc Health - your policy pack will tell you if you have Aviva Smart Health. This is not part of your insurance contract and can be changed or withdrawn at any time.

Aviva Life & Pensions UK Limited. Registered in England and Wales No. 3253947. Aviva, Wellington Row, York, YO90 1WR. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm reference number 185896.

# Aviva Smart Health

Looking after yourself has never been so easy.

Get access to expert health services 365 days a year including:

- ✓ 24/7 online GP
- ✓ Expert mental health support
- ✓ Personalised fitness plans
- ✓ Second medical opinion
- ✓ Online health checks
- ✓ Personalised nutrition advice



**Get started using our access code:**

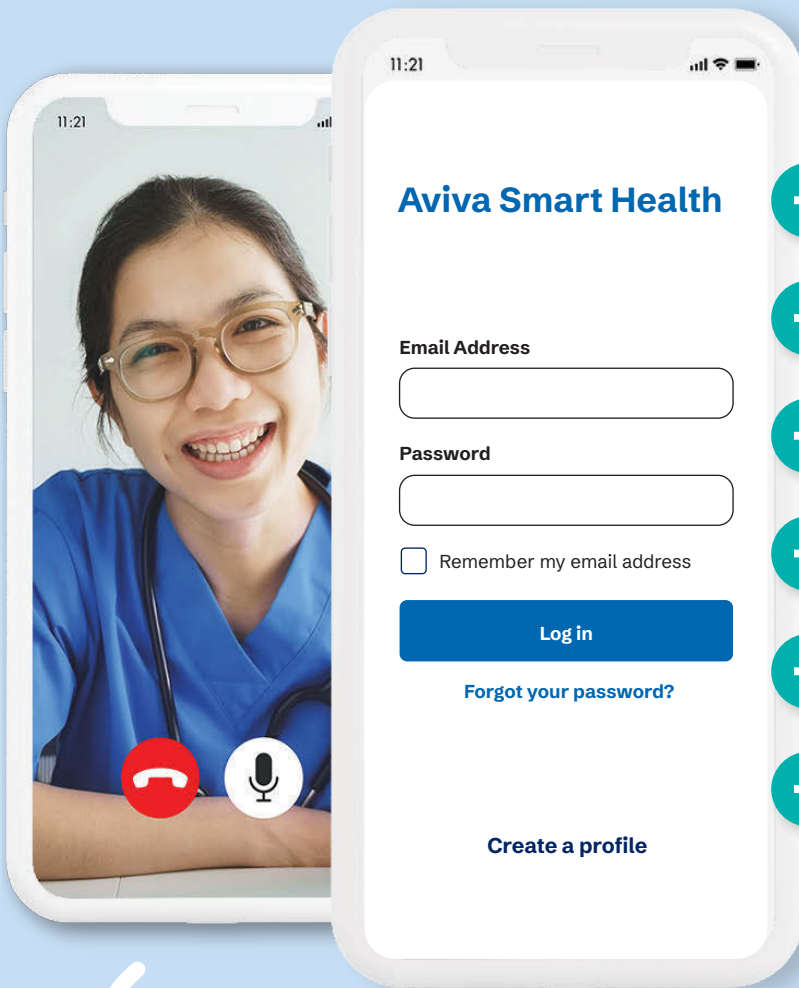
**For any questions, give Aviva Smart Health a call on 0203 499 0167**

\*Aviva Smart Health is provided to select Aviva Life & Pensions UK Limited customers by Teladoc Health - your policy pack will tell you if you have Aviva Smart Health. This is not part of your insurance contract and can be changed or withdrawn at any time.

Aviva Life & Pensions UK Limited. Registered in England and Wales No. 3253947. Aviva, Wellington Row, York, YO90 1WR. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm reference number 185896.

# Aviva Smart Health

**Six fabulous services are available for you\*, your partner and children up to age 21:**



- + 24/7 GP**
- + Fitness plans**
- + Mental health support**
- + Second medical opinions**
- + Nutrition advice**
- + Health checks**



**Download now and register using your company access code**



\*Aviva Smart Health is provided to select Aviva Life & Pensions UK Limited customers by Teladoc Health - your policy pack will tell you if you have Aviva Smart Health. This is not part of your insurance contract and can be changed or withdrawn at any time.

Aviva Life & Pensions UK Limited. Registered in England and Wales No. 3253947. Aviva, Wellington Row, York, YO90 1WR. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm reference number 185896.