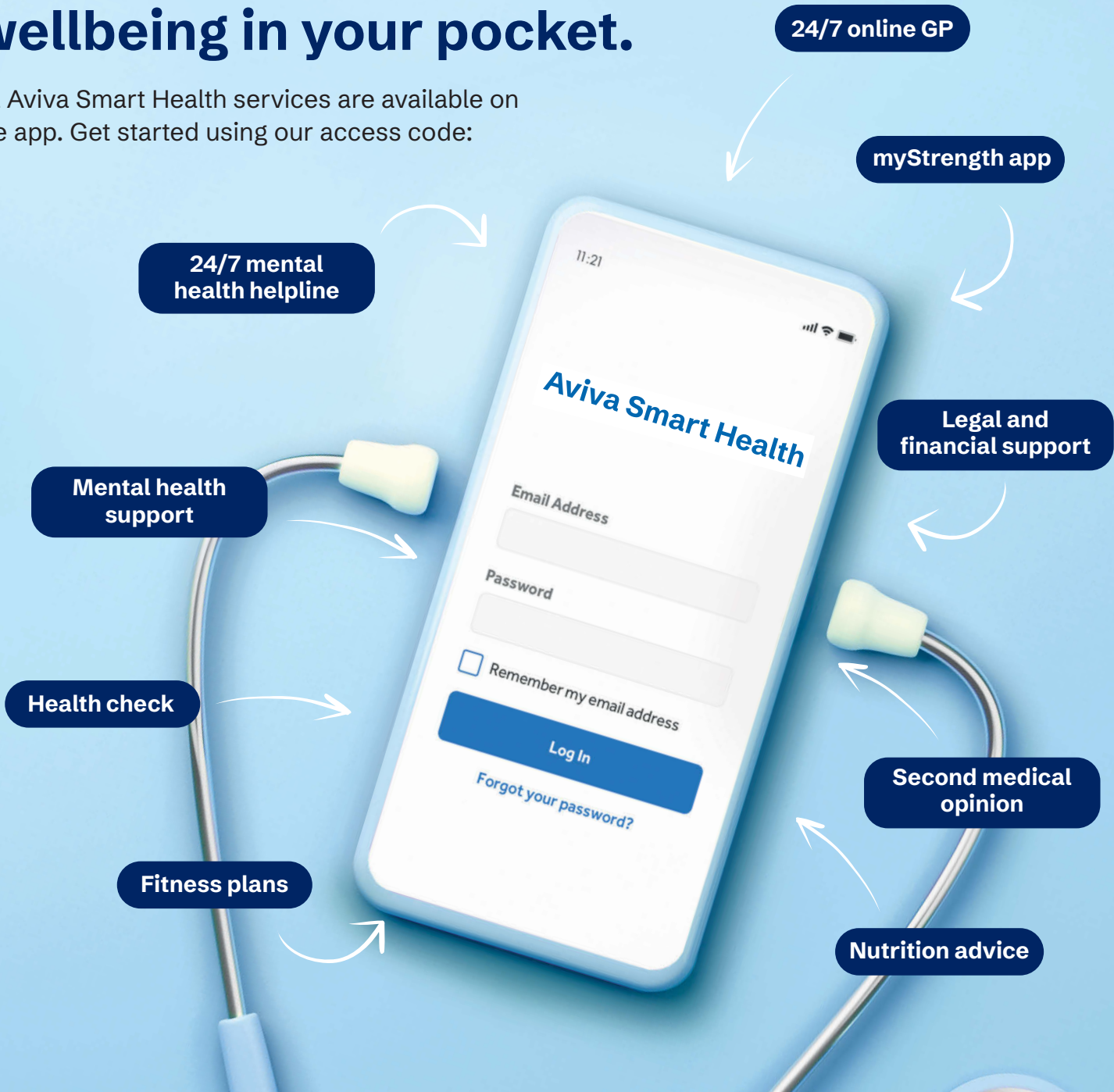


# Aviva Smart Health

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

All 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 This is not part of your insurance contract and can be changed or withdrawn at any time.

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# 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
-  24/7 mental health helpline
-  Mental health support
-  Second medical opinion
-  Legal and financial support
-  Nutrition advice
-  myStrength app
-  Fitness plans
-  Health checks



Just visit [smarthealth.aviva.com](https://smarthealth.aviva.com) to get started.

Our access code is:

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