

# Aviva Smart Health

Health and wellbeing support.  
All under one roof.



## See a GP when it suits you

Our team of UK based GPs are on hand for things like medical advice, prescriptions or specialist referrals.

Managing your health doesn't always fit in to the 9-5. When you need a medical appointment, you've unlimited, round-the-clock access to a doctor.



## 24/7 mental health helpline

Support from mental health experts, whether that's in the moment help with anxiety or onward referrals.



## Talk to an expert about your mental health

If you need someone to talk to, our team of qualified mental health experts are on hand for confidential support.

They'll get you the specialist support you need, anything from coping with stress, anxiety, trauma, depression to dealing with a bereavement.

24/7 unlimited access

Anytime, anywhere



## Getting the right treatment for you

If you're not 100% sure on your diagnosis or treatment plan, our world-leading experts are here. They'll assess your case and provide recommendations for treatment, whatever your condition might be.



## Get your health checked

We don't know what we don't know and understanding our own health is no exception. So getting things checked is the perfect place to start. Take advantage of the expert advice on offer and see how you could bring some healthy habits in to everyday life. Our quick questionnaire will give you your personalised recommendations.

The perfect blend of services to help manage your health and wellbeing.

### myStrength app

Interactive wellbeing content to help people be at their best - from tailored on-demand activities to a personal guide.

### Get fit and eat well

Physical and mental wellbeing are equally important - we know that. But putting off the gym and ordering a takeaway are easier than we'd like. So we offer you bespoke fitness and nutrition plans to make life a little easier.

### Legal & financial support

Ask personal legal and financial questions to the professionals. Guidance available from 9am - 5.30pm, Monday to Friday.



Free to use for you and your family.

### Is Aviva Smart Health secure?

It's completely confidential. Before you can use parts of it for the first time, you'll need to complete a secure, one-time ID check - so make sure you've got a passport or driving licence to hand.

### Who can benefit from Aviva Smart Health?

It's available to you\*, your partner and any children up to age 21. In fact, almost 15% of all appointments are for children.\*

### Do Aviva or my employer see my appointment details?

We'll never see the details of what you've discussed in your medical appointments - that's completely private. And remember, Aviva Smart Health is free to use any many times as you need.

### Get started

All services are available on the app and the website - whatever works best for you. You'll be able to see your personal information, upcoming appointments and any notes from your sessions.

Register ready for when you need it - you'll need your company access code to hand.

Visit the website  
[smarthealth.aviva.com](https://smarthealth.aviva.com)



Download the app



Give us a call  
**0203 499 0167**



\*Teladoc data, June 2023

\*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.