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# Expert cardiac recovery support

### **Group Income Protection Cardiac Pathway**

When an employee is diagnosed with a cardiac condition or experiences a cardiac event it will likely affect their work life.

Cardiovascular disease affects the heart and blood vessels. It can result in damage to the arteries through conditions such as coronary heart disease, heart attack, cardiac arrest, hypertension, or cardiomyopathy, some of which can lead to disability. From research undertaken by the British Heart Foundation in 2025 over

7.6 million

people are living with heart and circulatory diseases in the UK<sup>1</sup>

Our dedicated Group Income Protection cardiac pathway

Not everyone will need or want to take time off work, but many will. We can help you support employees living with cardiac conditions to help them stay at work, or where possible, make a successful and safe return to work.

## Cardiac Recovery Support Service

Our tailored cardiac pathway offers a range of support through a network of clinical experts, and includes a specialist Cardiac Recovery Support Service. The support is based on individual circumstances, aiming to provide the best course of action for each employee.

The Cardiac Recovery Support Service, provided by our rehabilitation partner Obair, gives employees access to Occupational Therapy and Vocational Rehabilitation specialists who have a detailed understanding of how to support employees. Obair can work with those living with cardiac conditions by supporting them both in the workplace or by helping them return to work.

Cardiac conditions can have a varied impact on individuals, which is why Obair's Occupational Therapy and Vocational Rehabilitation support is so wide ranging. They can help employees with:

- Identifying and prioritising the employee's risk factors
- Understanding how to best manage lifestyle and risk factors
- Planning and goal setting
- Building confidence
- Fatigue management advice
- Return to work advice, guidance and support

- Improving activity tolerances, overall fitness, and pacing
- Strategies for stopping smoking
- Managing anxiety
- Weight, diet and lifestyle advice
- Employer discussions and support
- Advice and strategies to help with sleep

Your employees will receive tailored support based on their circumstances and condition.

<sup>66</sup> Following a cardiac event or the development of a cardiac condition there can be a significant impact on an individual's physical and psychological health, which can result in difficulties participating with everyday activities and work.

Support in identifying specific lifestyle risk factors, both physical and psychological, is key in assisting the individual to recognise and implement the necessary changes that support their recovery. Addressing risk factors through engagement with a supervised, self-management programme can aid sustained recovery of independence in every day activity.

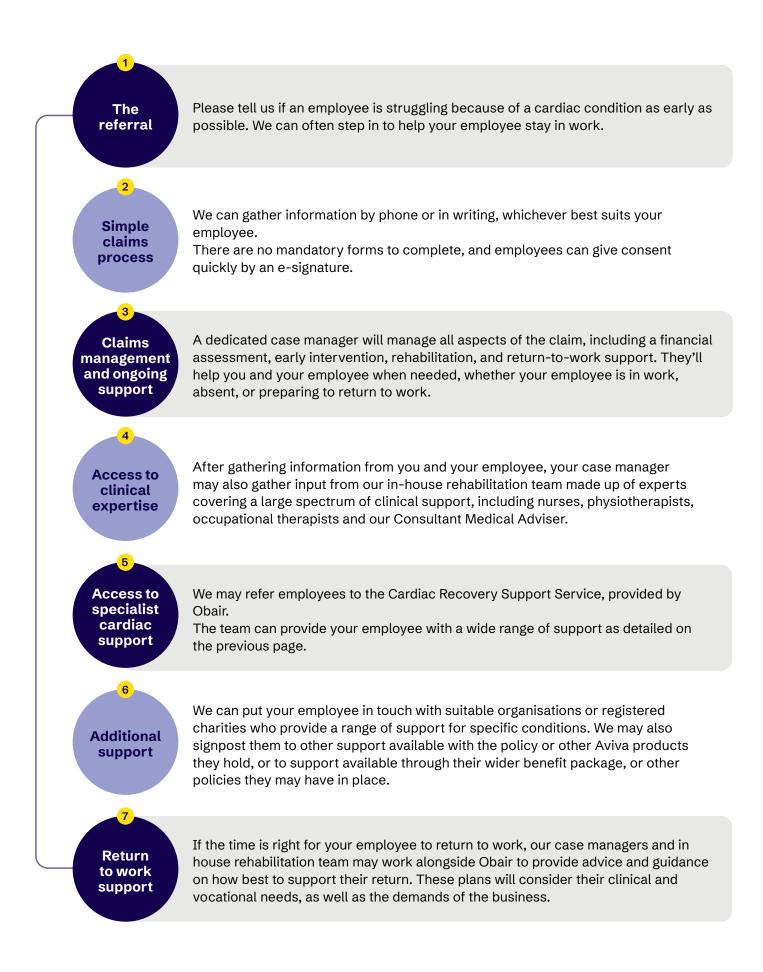
Cardiac recovery provides coaching and support to develop skills and strategies to make lifestyle changes, and has been shown to be effective in the long-term condition management. Obair occupational therapists provide evidence based evaluation and intervention programmes in a number of areas of clinical practice and have expertise in working with individuals whose life has been impacted by a cardiac event or condition.

Our Cardiac Recovery Support Programme helps individuals recover their independence and empowers them in their daily lives. We achieve this by focusing on understanding how the individual's life has been affected and empowering positive steps towards independence and return to everyday activity and work through, education and self-management.

Ann Shearer, Clinical Business Manager, Obair

## Our cardiac pathway

A range of expert support delivered through a network of clinical experts.



# Pro-active support and self-help

If an employee with a cardiac condition needs further help or support to look after their general wellbeing, they have access to self-serve tools through our range of wellbeing services, including:



discounts on products and services to support health and wellbeing

Healthy

- and fitness clubs plus a great range of savings on other products and services that can support a healthy lifestyle.
- $\checkmark$  Designed to help employees and their family keep active, healthy, and happy.

Terms and conditions apply.

# Supporting you and your business

As well as supporting your employees, we can help you, their manager, or your HR representative during the process, to help you support the wellbeing of your workforce.

#### **Wellbeing Training**

You have access to a range of Wellbeing Training courses delivered by Aviva experts or clinical partners. Costs apply to courses delivered by external partners.

#### Awareness and engagement support

Making sure your employees know about wellbeing services is almost as valuable as the services themselves.

Our Employer Hub is a central place where you'll find all the tools and materials you need to help you launch these services to your employees.

We want you and your employees to get the most out of their policy, so we can work with you to help you raise awareness and understanding of the key benefits available, for example through benefit fairs, events, presentations and roundtable sessions. Our Employee Hub gives your employees information on the policy, all the wellbeing services available and how to access them.

Wellbeing services, Wellbeing Training and rehabilitation support are non-contractual benefits which Aviva can change or withdraw at any time.

These services are available to employees who are permanent residents of Great Britain, Northern Ireland, the Channel Islands or Isle of Man.

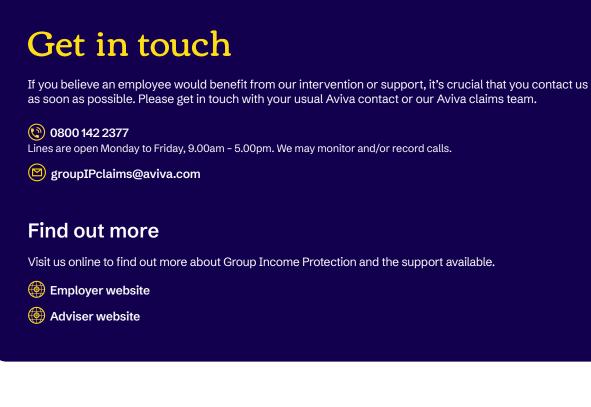
Find more information at **Aviva Group Income Protection** or search **Aviva Advisers.** 

### In 2024...



of all employees who we

provided with rehabilitation support remained at, or returned to work Aviva's cardiac pathway offers a variety of services to support employees with cardiac conditions. If you're not sure how best to support an employee, Aviva's in-house experts are only a quick phone call away and can provide valuable advice on the most appropriate direction to suit their needs.

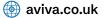


#### Braille, large Print, audio material

Please get in touch with Aviva if you would prefer this document (GR02361) in large print, braille, audio or in a different colour.

(1) 0345 366 1644

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#### <sup>1</sup> https://www.bhf.org.uk/what-we-do/our-research/heart-statistics. Accessed May 2025.

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