

# Helping employees keep on top of their health



Working together with



## Give your employees an annual Health Check with the Aviva DigiCare+ Workplace app

As an employer, you'll know how important it is to help your employees to stay healthy. This simple Health Check can help them prevent or spot problems early and manage their health better.

## Health Check

Aviva DigiCare+ Workplace offers your employees an annual health assessment through a fingerprick blood test. It's a blood test which they can take in the comfort of their own home. This test checks 20 different health markers to spot problems early on, covering common issues like the risk of diabetes, cholesterol status and liver health. They have 90 days to take the test and return it to the laboratory in the pre-paid, self addressed envelope provided by Square Health.

After the test, your employees will receive a personalised health report, complete with any recommended courses of action. If needed, they can book a follow-up consultation with a digital GP to discuss their results.

By taking this test once a year, your employees can keep on top of their health, detect issues early and maybe help prevent certain health problems.

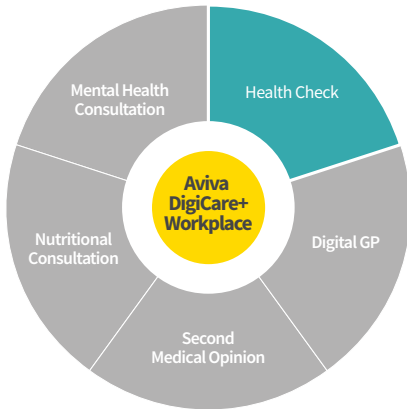
### The benefits

- ✓ **Detect** early risk warnings and signs
- ✓ Enables **early intervention**
- ✓ **Convenient** to do at home
- ✓ Helps employees **pro-actively manage** their health

### Who can use this service?

The annual Health Check is available to your employees insured under one of Aviva's Group Protection policies.

# Look after your employees with Aviva DigiCare+ Workplace



Your employees make your business, so if they're not in good health, neither is your business.

The Aviva DigiCare+ Workplace app can help give your employees the guidance and care they need to help detect, manage and prevent physical and mental health problems.

## Accessing Aviva DigiCare+ Workplace

- 1 Once you hold one of Aviva's Group Protection policies, you'll need to contact us at [digicare@aviva.com](mailto:digicare@aviva.com) to become registered. Once you are, you'll receive an email inviting you to log in to the Square Health Employer Portal.
- 2 You'll be asked to load the email addresses of all insured employees into the Portal.
- 3 Each employee will receive an invitation email from Square Health providing them with instructions on how to register for the Aviva DigiCare+ Workplace app. Terms and conditions and the privacy policy can be found within the app. Employees will need to agree to these before using the services. Personal data is collected and used in accordance with the Square Health privacy policy found at: [http://cms.squarehealth.com/aviva\\_group\\_privacy\\_policy.html](http://cms.squarehealth.com/aviva_group_privacy_policy.html). The app is compatible with most iOS and Android mobile devices. Mobile data charges may apply.

A Group Protection Policy should not be taken out to gain access to Aviva DigiCare+ Workplace alone. The main purpose for taking out a policy should be the financial protection available.

Aviva DigiCare+ Workplace is a non-contractual benefit Aviva can change or withdraw at any time. It's available to employees who are permanent residents of Great Britain, Northern Ireland, the Channel Islands or the Isle of Man.

## Find out more

To find out more about Aviva DigiCare+ Workplace, please speak with your Aviva Account Manager or Financial Adviser.

 [Aviva DigiCare+ Workplace](#)

