

# Good preventions



## Finger-prick Health Check

Help head off future health issues with a simple finger-prick test you can administer yourself

Keeping on top of your health is so much easier if you can pinpoint any potential risks early. And a Health Check can work wonders for your peace of mind. The Health Check is available every two years.

Download the Aviva DigiCare+ Workplace app and you can take advantage of a health assessment delivered through a finger-prick blood test. It's convenient - you can do it yourself at home, so there's no need to attend a hospital or clinic.

When your test has been examined, you'll receive a personalised health report in the mobile app giving you a full breakdown of your results, with recommendations on any further actions you may need to take.

**Health Check and analysis**  
included in Aviva  
DigiCare+  
Workplace

### The benefits of a Health Check

- ✓ **Convenient**, the Health Check will be sent to your home address
- ✓ **Checks 20 different health markers** to enable early intervention
- ✓ **Includes a personalised health report** with follow-up consultations available
- ✓ **Help spot problems early**, including diabetes risk, cholesterol status and liver health

This service is available for the main policy holder of a Group Protection Policy with Aviva. Aviva DigiCare+ Workplace is a non-contractual benefit Aviva can change or withdraw at any time. Terms and conditions and the privacy policy for Aviva DigiCare+ Workplace can be viewed in-app. Aviva DigiCare+ Workplace is provided by Square Health. Residency restrictions apply.



**Download the Aviva DigiCare+ Workplace app from the App Store or Google Play.** Instructions on how to access this can be found within your registration email. If you no longer have this email, contact your HR team who can arrange for it to be resent to you.