

Healthy treating



Nutritional Consultation

Enjoy healthy eating with expert guidance
at no additional charge

There are times when many of us feel as though it's time to reset our relationship with food. It's easy to get into bad eating habits... especially when we've had some difficult times to cope with.

Download the Aviva DigiCare+ Workplace app and you'll have your own personal nutritionist to help you to really enjoy healthier eating!

You can access consultations, shared between you and your eligible family members, as part of the benefits included within this convenient app-based service.

A consultation with a qualified nutritionist can help you understand more about how important nutrition is for your health and wellbeing, helping you achieve good physical fitness, which in turn can affect mental health. That's why it makes sense to help establish a healthy relationship with food.

Nutritional Consultation

- ✓ Helps **reset relationships** with food
- ✓ **Encourages** people to understand the importance of gut health on their general wellbeing
- ✓ Encourages **long-term lifestyle changes and accountability in food choices**, helping with weight loss and boosting energy
- ✓ **Tailored** to the person's life stage, helping them adapt their diet as their circumstances change
- ✓ **There may be limits to the number of times you can use this service, please refer to the app to check your full allowances.**
- ✓ This service can be shared with your eligible family members.

This service is available to you if you're eligible through your employers' 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.



Download the Aviva DigiCare+ Workplace app from the App Store or Google Play. Mobile data charges may apply. Instructions on how to register 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.