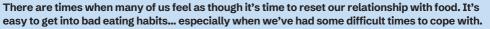
Aviva DigiCare+ Workplace

Healthy treating



Enjoy healthy eating with expert guidance at no additional charge



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.



- ✓ 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 infood 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.

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