

For employer use only, Not for use with employees.



Wellbeing Library

Take a **leaf** from an expert's book

Stress and worry can take a toll on wellbeing, wherever it comes from.

The Wellbeing Library is an online library of useful content, hints and tips - including guides and tools offering helpful support on all kinds of situations.

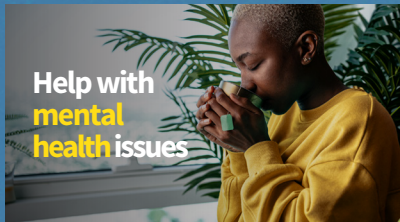
From family and relationships, money or work, mental or physical health conditions, whatever's on their mind, they can find information to help them deal with it.

The Wellbeing Library is an added value benefit provided with your Aviva Group Protection scheme. This product shouldn't be bought purely on the basis of receiving the benefits of the Wellbeing Library.

To find out more on our Group Protection products visit: www.aviva.co.uk/business/group-protection.



Main features of the Wellbeing Library



Help with mental health issues

The Wellbeing Library offers a first port of call for employees worried about their mental health or that of the people close to them. From useful advice to guidance on where to get help, the library can help them take steps to improve their situation, whatever it may be.



Ready to help with family problems

Family troubles can have a tremendous impact on an employee's mental, physical, and financial wellbeing. Because of that, we offer useful articles and links to third party organisations on a range of family matters, including:

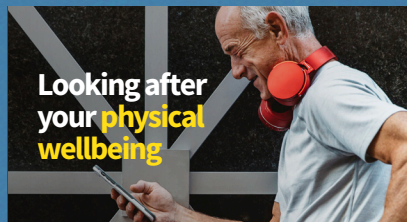
- separation
- divorce
- domestic abuse



Hints and tips to help with financial wellbeing

Our financial wellbeing library offers lifestyle-focused financial hints and tips. It's designed to:

- encourage small step changes your employees can incorporate into everyday life, aiming to help create a positive financial impact
- provide digestible information to support all levels of financial knowledge
- share useful financial information
- show the link between financial wellbeing and physical and mental wellbeing
- help your employees make changes to improve all aspects of their wellbeing.



Looking after your physical wellbeing

We've got your back when it comes to looking after your employees' physical wellbeing. The library holds a range of interesting articles on how to help keep our bodies healthy. So whether they want to look at how to keep their teeth healthy, tips to reduce their blood pressure or ways to reduce the risk of heart disease, they'll be able to find it here.



We're working with Macmillan to raise awareness of the support Macmillan can give employees affected by cancer, either with their own diagnosis or that of a friend or loved one. Whether they have questions about symptoms and treatment or want to talk to someone who understands, Macmillan are always ready to talk to your employees.



The library gives your employees access to a number of guides and resources to help them live a better life.

Find out more

To find out more about the Aviva Wellbeing Library speak to your usual Aviva account manager, financial adviser or email:

 groupprotectionsalesupport@aviva.com.

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

This is a non-contractual service that can be withdrawn by Aviva at any time.