Putting you first

Aviva DigiCare+ Workplace



Working together with SQUAREHEALTH ALWAYS THERE HEALTHCARE

Without people like you, your employer wouldn't have a business. The health and wellbeing of a company workforce is at the heart of how well a company performs. Making sure you stay healthy - both mentally and physically - is important to your employer.

That's why they're giving you access to a series of health and wellbeing benefits through the Aviva DigiCare+ Workplace app. Provided by Square Health, the app's benefits will help you stay healthy, spot potential problems early and get help when you need it.

With Aviva DigiCare+ Workplace, you know you've got the support you need to help you keep on top of your health.

It takes Aviva to help you live your best life.



Introducing Aviva DigiCare+ Workplace

People are what make a business. That means for a business to perform well, its people need to be in good health.

The Aviva DigiCare+ Workplace app gives you the guidance and care you need to help detect, manage and prevent physical and mental health problems.

Available for you to access through your employer's Aviva Healthcare and Group Protection policies, here's what's available in-app:

- Finger-prick Health Check
- Unlimited digital GP consultations
- Support for menopause
- Second medical opinion
- Mental health consultations
- Nutritional consultations

Please note, you'll either have access to the full suite of benefits, or just a selection. This is because your employer selects the services they'd like to make available to you.



Potential benefits

- Can help with early detection of health-related matters
- Easy to access, flexible health benefits
- Can help to prevent health problems and intervene where needed
- Helps to support you and your eligible family members with health and wellbeing matters

There are a number of different services available, all accessed through the Aviva DigiCare+ Workplace app. When using a service, the health professionals can refer to other services within the app if they feel they would be beneficial.

Access to one of the UK's largest networks of medical professionals

Aviva DigiCare+ Workplace is provided by Square Health. Set up by doctors, Square Health has over 20 years' experience working with insurance providers like us.

With an established infrastructure with access to over 5,000 medical specialists across the UK, Square Health helps us put you first.

Important information

The Aviva DigiCare+ Workplace app and services are non-contractual benefits Aviva can change or withdraw at any time.

Terms and conditions apply to all services, which can be viewed in the app. You'll need to agree to these before using the services.

Personal data is collected and used in accordance with the Square Health Privacy Policy, which can be found at: **https://cms.squarehealth.com/aviva_group/privacy_policy.html**

Users of the app and services must be permanent residents of Great Britain, Northern Ireland, the Channel Islands or the Isle of Man.

A Group Protection or Healthcare policy should not be taken out only for access to Aviva DigiCare+ Workplace. The main purpose for taking out a policy should be the protection available.

Finger-prick Health Check

Helps to detect health issues with a simple test

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

As part of the test, you receive a personalised health report and recommended course of action. If needed, you can then book a follow-up consultation in-app with a digital GP to discuss the results.

Taking the test helps you to keep on top of your 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 you **pro-actively manage** your health

How does it work?

- You can request a test kit through the app, which is delivered to your home address.
- You have 90 days to take the test and return it to the laboratory in a self-addressed envelope provided by Square Health.
- Once analysed, Square Health confirm the results in a report you can download through the app.
- You can book a follow-up consultation in-app with a digital GP if you want to discuss your Health Check results - this must be within 90 days of receiving the report.
- If necessary, Square Health or the GP may refer you to another appropriate Aviva DigiCare+ Workplace service or to the NHS.

What does it cost?

You don't pay anything for your Finger-prick Health Check. Square Health covers all costs, including postage.

Who can use this service?

You can access the Health Check if:

- you're eligible under your employers' Healthcare or Group Protection policy or scheme
- you're insured under your partner or spouses' Healthcare policy or scheme. At the point an insured dependant covered under this option turns 16, they can also access the app and services independently in their own right.

Unlimited digital GP consultations

Long waiting times are a thing of the past

Designed to complement existing NHS treatment, the digital GP service offers you and your eligible family members access to clinical advice and guidance in non-emergency situations.

You can book video consultations with a private GP, seven days a week, 24 hours a day. Consultations last up to 20 minutes, including wrap-up time. For follow up appointments within 6 months, there's the option to select the same GP as the original appointment or the next available GP.

After your GP consultation, you'll be able to see the advice you've been given and your consultation history within the app.



The benefits

- It's **easy to use**, with fast, flexible access to medical advice
- The option to view the **biographies of GPs** before booking a consultation
- The GP has access to **other medical practitioners**

How does it work?

- Video consultations are available seven days a week, bookable 24 hours a day, and appointments can be made within 3 hours on average.
- Consultations last up to 20 minutes, including wrap-up time.
- All GPs are registered with the General Medical Council, listed on the GP database and based in the UK.
- Before booking, patients will go through a short section covering terms and conditions and symptoms, and can then select a preferred time, date and GP for the consultation.
- For follow-up appointments within six months of the last appointment, patients can choose the same GP.
- Digital GP offers advice from a private GP, on everyday health matters where the patient might otherwise visit their NHS GP.
- The service complements rather than replaces an NHS GP. It isn't appropriate for emergency treatment or life-threatening situations such as chest pains, breathing problems, suspected stroke or bone fracture, severe bleeding or loss of consciousness.
- Patients will receive details of the consultation, which they can pass on to their NHS GP or treating practitioner.
- GPs can make a recommendation for further treatment or to access NHS healthcare services where a physical examination or further tests are necessary.
- **With Aviva DigiCare+ Workplace, you are entitled to unlimited GP appointments.**

What does it cost?

You won't need to pay anything to book a private GP appointment. However, you may be required to pay a nominal fee for other services in the app that you wish to use. The service will always notify you of any fees for services available within the app prior to any charge being made. You are under no obligation to use these additional services. Repeat prescriptions are available in-app via NHS England rates and exemptions, with free trackable UK delivery.

Who can use this service?

You can access the digital GP service if:

- you're eligible under your employers' Healthcare or Group Protection policy or scheme
- you're insured under your partner or spouses' Healthcare policy or scheme. At the point an insured dependant covered under this option turns 16, they can also access the Aviva DigiCare+ Workplace app and services independently in their own right.

Under the above criteria, this service can also be shared with an uninsured partner or spouse and dependants up to the age of 18 (or 21 if still in full-time education).

Support for menopause

Menopause can affect anyone - those that go through it and those that live, work or socialise with people going through it.

With that in mind, it's important to know where to find support in what can be a challenging time. Whether you're using the service to get advice and support for symptoms you are experiencing, or because you're impacted by somebody close to you experiencing menopause, there's help available.

Through the menopause service within the Aviva DigiCare+ Workplace app, you can book up to six 30-minute consultations with a menopause specialist and even choose who you'd like to speak to. As menopause can affect both the individual and those closest to them, this service can be used by anyone over the age of 16 who is eligible to access Aviva DigiCare+ Workplace.

As part of the service, there is also an information hub offering practical tips and support to help address and manage menopause symptoms, as well as a symptom assessment tool that generates a tailored pre-consultation report to take to your appointment. Please note, the symptom assessment tool is only available to those experiencing menopause personally and cannot be completed on behalf of someone else.



The benefits

- **Convenient** – consult with menopause specialists at home
- Helps you to navigate effects of menopause on **everyday life**
- Provides **practical tips** to understand, address and manage symptoms

How does it work?

- Through the app, you can book up to six 30-minute video or phone consultations per policy year with menopause specialists to talk through symptoms and the impact these are having on you, or those close to you.
- The 6 available sessions can be shared between you and your eligible family members.
- If you're personally experiencing menopause symptoms, you can use the symptom assessment tool to generate a pre-consultation report.
- You can take this report to your appointment and discuss any findings with your selected menopause trained professional.

£ What does it cost?

You won't need to pay anything to access support for menopause. However, you may be required to pay a fee for other services in the app that you wish to use. The service will always notify you of any fees for services available within the app prior to any charge being made. You're under no obligation to use these additional services. Repeat prescriptions are available in-app via NHS England rates and exemptions, with free trackable UK delivery.

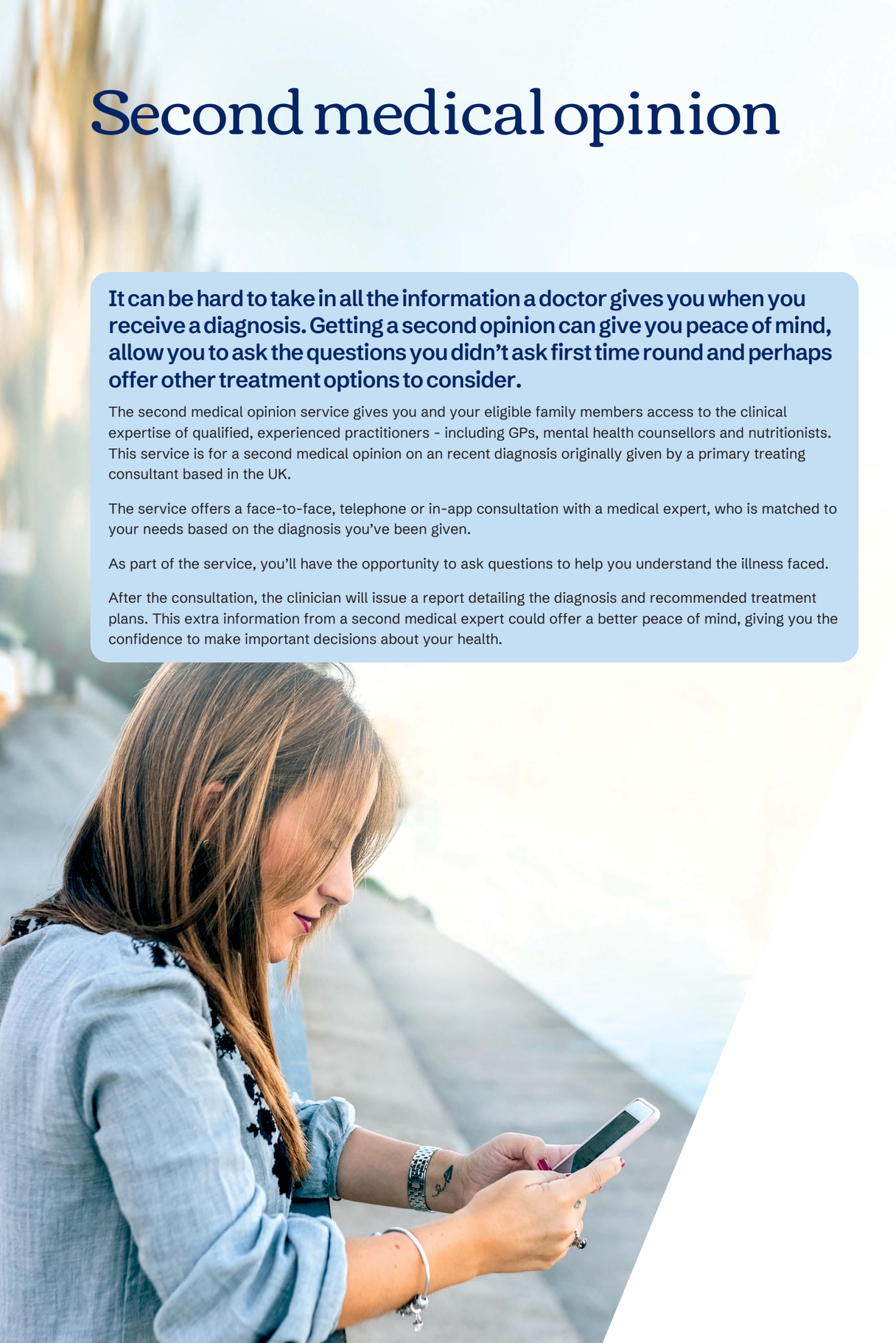
Who can use this service?

You can access the support for menopause service if:

- you're eligible under your employers' Healthcare or Group Protection policy or scheme
- you're insured under your partner or spouses' Healthcare policy or scheme. At the point an insured dependant covered under this option turns 16, they can also access the Aviva DigiCare+ Workplace app and eligible services independently in their own right.

Under the above criteria, this service can also be shared with an uninsured partner or spouse and dependants from age 16 to 18 (or 21 if still in full-time education).

Second medical opinion



It can be hard to take in all the information a doctor gives you when you receive a diagnosis. Getting a second opinion can give you peace of mind, allow you to ask the questions you didn't ask first time round and perhaps offer other treatment options to consider.

The second medical opinion service gives you and your eligible family members access to the clinical expertise of qualified, experienced practitioners - including GPs, mental health counsellors and nutritionists. This service is for a second medical opinion on an recent diagnosis originally given by a primary treating consultant based in the UK.

The service offers a face-to-face, telephone or in-app consultation with a medical expert, who is matched to your needs based on the diagnosis you've been given.

As part of the service, you'll have the opportunity to ask questions to help you understand the illness faced.

After the consultation, the clinician will issue a report detailing the diagnosis and recommended treatment plans. This extra information from a second medical expert could offer a better peace of mind, giving you the confidence to make important decisions about your health.

The benefits

- ✓ Offers **peace of mind**
- ✓ Access to an **expert** second opinion
- ✓ It could present **new information** or offer an alternative diagnosis or recommended treatment plan
- ✓ The service **covers a variety of conditions**, including mental health

How does it work?

- The patient can ask for a second medical opinion from a new doctor through the Aviva DigiCare+ Workplace app following an recent diagnosis.
- To begin, the patient answers several questions within the app. Square Health then call to arrange an appointment.
- Square Health matches the patient to the most suitable UK-based specialist to give their medical opinion based on their specialism or location.
- Patients could be offered a face-to-face, telephone or in-app consultation. Square Health will provide guidance on how to get the necessary medical records.
- Once the review is complete, the patient will receive a written report by email or post, which will include details of the consultation, diagnosis and recommended treatment plan.
- The patient can share this report with their treating consultant.
- If treatment is recommended, Square Health can provide advice for accessing treatment through the NHS or privately.
- **There may be limits to the number of times you can use this service, please refer to the app to check your full allowances.**

£ What does it cost?

Square Health covers the costs for the consultation and the report only. The patient must cover any travel costs and costs for any treatment they decide to go ahead with following the second medical opinion, as these are not part of the service.

Who can use this service?

You can access the second medical opinion service if:

- you're eligible under your employers' Healthcare or Group Protection policy or scheme
- you're insured under your partner or spouses' Healthcare policy. At the point an insured dependant covered under this option turns 16, they can also access the Aviva DigiCare+ Workplace app and eligible services independently in their own right.

Under the above criteria, this service can also be shared with an uninsured partner or spouse and dependants up to the age of 18 (or 21 if still in full-time education).

Mental health consultations



Looking after your mental health is just as important as looking after your physical health. Often, one impacts on the other.

Mental health problems are more common than you might think. Acting quickly to identify issues and getting help as early as possible can make a big difference.

Available to you and your eligible family members, this service offers quick access to tailored mental health advice from a qualified therapist.

Please note, if you're eligible under an Aviva Healthcare scheme, you may get access to mental health support as part of your policy. It's important to review the options and benefits available to you in order to understand which service is best suited to your needs.

The service offers help with all these events and more:

- Workplace stress
- Money worries
- Family conflict
- Divorce
- Big changes in life
- Family history
- Postpartum depression
- Post-traumatic stress disorder

Bereavement Service

- This service offers short-term counselling, guidance and practical support following the loss of an immediate family member.
- Support is available by phone, outside of the app.

The benefits

- ✓ **Keep on top** of mental health
- ✓ Help **prevent and detect** issues
- ✓ **No need to wait** for a referral through the NHS, allowing earlier intervention
- ✓ **Convenient** – have a consultation at home or another safe place
- ✓ Completely **confidential**

How does it work?

- A psychotherapy video or phone consultation with a qualified counsellor, cognitive behaviour therapist or psychologist, on average within 48 hours.
- Within the app, the patient first confirms the symptom, then reads the bios of available therapists, and chooses one.
- The patient books directly by choosing appointment dates and times – they can book up to seven days in advance with an available therapist.
- The initial assessment will determine their needs, with services ranging from general advice through to online CBT courses.
- Therapists will provide advice and devise a personal treatment plan, which may include online CBT modules or other material to support the clinical care.
- The clinicians can give advice on good mental health, but they can't advise on paediatric mental health.
- Based on clinical risk, the therapist can route a patient to alternative services if appropriate.
- Therapists will keep in touch with patients during their treatment pathway.

  There may be limits to the number of times you can use this service, please refer to the app to check your full allowances.

£ What does it cost?

You don't pay anything for mental health or bereavement consultations.

Who can use this service?

You can access the mental health consultation and bereavement consultation services if:

- you're eligible under your employers' Healthcare or Group Protection policy or scheme
- you're insured under your partner or spouses' Healthcare policy or scheme. At the point an insured dependant turns 16, they can also access the Aviva DigiCare+ Workplace app and eligible services independently in their own right.

Under the above criteria, this service can also be shared with an uninsured partner or spouse and dependants from age 16 to 18 (or 21 if still in full-time education).

Nutritional consultations



Nutritional consultations can help you understand more about how nutrition affects your health and wellbeing.

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're coping with difficult times.

The Aviva DigiCare+ Workplace app gives you access to 30-minute consultations with a trained nutritionist, and comes as part of your workplace benefits package. 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. You can share your nutritional consultations with your eligible family members.

The benefits

- Helps **reset relationships** with food
- **Encourages** understanding around the importance of gut health on general wellbeing
- Encourages long-term **lifestyle changes**, encouraging accountability in food choices, helping with weight loss and boosting energy
- **Tailored** to life stage, helping to adapt diets with changes to circumstance

How does it work?

- Book a nutritional consultation through the app.
- Get advice by video on optimal eating plans, changing relationship to food, breaking bad habits.
- The qualified nutritionist will assess existing nutrition and lifestyle choices.
- It aims to establish strengths, preferences, values and goals, developing nutrition and lifestyle strategies which are relevant and achievable.
- The service looks to address stress, achieve better work/life balance and help people get over weaknesses or temptations.
- The nutritionist will develop a personalised plan based around lifestyle factors such as sleep and stress. The plan can be found within the app.
- **There may be limits to the number of times you can use this service, please refer to the app to check your full allowances.**

What does it cost?

You don't pay anything for nutritional consultations.

Who can use this service?

You can access the nutritional consultation service if:

- you're eligible under your employers' Healthcare or Group Protection policy or scheme
- you're insured under your partner or spouses' Healthcare policy or scheme. At the point an insured dependant turns 16, they can also access the Aviva DigiCare+ Workplace app and eligible services independently in their own right.

Under the above criteria, this service can also be shared with an uninsured partner or spouse and dependants from age 12 to 18 (or 21 if still in full-time education).

Frequently Asked Questions

Moving from Aviva Digital GP to Aviva DigiCare+ Workplace

If you have previously had access to digital GP and menopause services through the Aviva Digital GP app, you may have some questions about what this means for you. Below you'll find answers to frequently asked questions about the transition from Aviva Digital GP to Aviva DigiCare+ Workplace.

Q What if I already have a digital GP or menopause consultation booked in the Aviva Digital GP app?

A You can use the Aviva Digital GP app to attend pre-booked digital GP or menopause consultations. However, once the digital GP and menopause services move over to Aviva DigiCare+ Workplace, you'll need to book any new appointments through the Aviva DigiCare+ Workplace app.

Q What happens if I am using the NHS repeat prescription service?

A You'll need to download and register for the Aviva DigiCare+ Workplace app to continue to manage your repeat NHS prescriptions. After you've registered for Aviva DigiCare+ Workplace, navigate to Repeat Prescriptions and register using the same credentials you used to register for the service in the Aviva Digital GP app. You should then be able to see and manage any active repeat NHS prescriptions going forward.

Q Will I be able to view my consultation history in Aviva Digital GP?

A Your Aviva Digital GP account will be put into read-only mode shortly after the move to Aviva DigiCare+ Workplace. You'll still be able to view your consultation history, but you'll be unable to access the services within the app.

To view and download previous consultation notes, follow these simple steps:

1. Open the Aviva Digital GP app and select 'Consultation History', and then 'Previous'.
2. Select the appointment you wish to view the details for. If medical notes are available this will be stated under 'Medical Notes'.
3. Click to open your medical notes. You can then view these in-app, or email them to yourself, if you so wish.

Q Can I share these notes with a GP when booking a consultation in the Aviva DigiCare+ Workplace app?

A If required, you can share these notes when booking a GP consultation in the Aviva DigiCare+ Workplace app. Simply copy and paste the notes directly into the 'Notes for GP' box when booking an appointment. Alternatively, you can save the notes as an image in JPEG format, and upload this as an image attachment when you book.

Aviva DigiCare+ Workplace app and services

Q How long on average does it take to get the Finger-prick Health Check results?

A It normally takes 3 to 5 days from the blood sample being received at the lab for you to be informed of your results.

Q How are Finger-prick Health Check results made available?

A You'll be able to see the results of your Finger-prick Health Check in a report available within the app. You can have a follow up consultation after your health check assessment. A doctor will review all significantly abnormal results and you'll be able to see this in the app. However, if the doctor considers it necessary, they'll contact you to discuss your results.

Q How do fit notes work under the digital GP service?

A If you are off work sick for more than seven days, your employer will normally ask for a fit note (or Statement of Fitness for Work) from your GP or hospital doctor. If clinically appropriate, a GP can provide a fit note following an in-app digital GP consultation. Please note:

- Any fit note issued by a GP through the in-app digital GP service will be a private fit note.
- A private fit note is not legally binding, and you may need to check with your employer first if they accept this.

Q What can I use digital GP appointments for?

A The digital GP service within Aviva DigiCare+ Workplace offers advice for everyday health matters where the patient might otherwise visit their NHS GP.

Digital GP appointments aren't suitable under these circumstances:

- Emergency treatment
- Physical examination
- Oral surgery
- Referrals for cosmetic treatment
- Management of long-term conditions or chronic illnesses
- Vaccines

Please refer to the Aviva DigiCare+ Workplace app for more terms and conditions.

Q How does the bereavement service work?

A The bereavement support page within the app provides a number to call to book additional sessions per policy year on top of the mental health consultation allowance.

The service provides over-the-phone assistance and offers practical support, including essential steps to follow when dealing with a death.

The bereavement service can be accessed following the death of a close family member (meaning lineal ancestor or descendant or sibling, spouse or partner).

Q Can I access these services without a smartphone or tablet?

A Aviva DigiCare+ Workplace is an app-based service. If you don't have a smartphone or tablet:

You can contact Square Health on: 0333 023 2730

Lines are open Monday to Friday between 9am and 5pm or email: **digicarehelp@squarehealth.com** and they will see how they can help you to access the required services.

Frequently Asked Questions, Data and security

Q Are medical records and personal details secure within the app?

A Customer data is secure at every stage of the journey. Square Health transfer data securely using RSA 2048 encryption. No data is held on the device and all data is encrypted using AES 256 for encryption at rest. This means that your medical records are protected using strong and up-to-date cryptography. The application is security tested regularly as part of any changes and by The Council for Registered Ethical Security Testers (CREST) on a regular basis. You can find more information in relation to CREST by visiting: **www.ncsc.gov.uk/organisation/crest/aboutcrest**

Q Does the app need personal details?

A Yes, Square Health can't legally issue a prescription, referral or fit note without a name, home address, date of birth, accessible email address and contact phone number. You must provide these details in the mobile application once you have registered and accepted the terms and conditions.

Q Is the personal data secure?

A Yes, all details are fully encrypted and stored electronically. Only authorised Square Health staff can access the personal data and information stored from previous appointments. Square Health won't share any medical information with Aviva, the employer, or any other third party, unless you consent for them to do so. The private GP will only share medical notes with an NHS GP for the purpose of continuity of care if the patient gives express permission for them to do so. If you close your account, Square Health holds your details in line with their privacy policy.

Q Where is the data held and who has access to it?

A For more information about how Square Health processes personal data, please read the Privacy Policy: **cms.squarehealth.com/aviva_health/privacy_policy.html**

Q How is personal data securely held?

A Square Health records and fully encrypts all consultations. All confidential information is stored securely using AES 256 encryption. Any transfer if that data is also secured using modern, up-to-date encryption. All access is controlled and audited through Square Health's internal systems.

Q How is financial data stored?

A Square Health does not store financial data. All payments in-app are made securely through a third-party payment provider.

Q Who has access to medical data?

A Only authorised individuals at Square Health have access to medical information.

This is determined by role and necessity. The Square Health Clinician or Therapist can access medical data in the app in preparation for and during a consultation. You can also access your own medical information in the app. Authorised Square Health employees can access medical data in line with audit requirements. This is a controlled process and systems are password protected with limited employees having access.

Q Where is health data stored?

A Health data is stored on secure cloud servers, within the European Union.

Q Is health data shared with the NHS?

A Square Health will share the health consultation record directly with you, giving you the opportunity to share this with your NHS GP or any other clinician you want to. The private GP will only share medical notes with an NHS GP for the purpose of continuity of care if you give express permission for them to do so.

Q How do I request copies of the data Square Health hold on my record, and what format will you receive it in?

A In the app, open the settings menu from the top left corner, then click 'My Details'. Click the 'Data Protections Rights' button at the bottom of the page which will take you to the Data Protection options list. You can select one of the options from this list and click 'Submit' to sent a request. From here, Square Health will get in touch with you with next steps.

Q Are appointments recorded?

A Yes. Square Health records all video appointments within the Aviva DigiCare+ Workplace app and stores them securely with full end-to-end encryption. Square Health records appointments for auditing and monitoring to make sure they continue to provide access to the best possible care.

Q Can I request a copy of my recorded appointment?

A You can only request copies of your own appointment recordings or those of the child/children under the age of 16 to whom you are a parent or guardian.

To request your recordings of your video appointments you should email: **digicarehelp@squarehealth.com**

What else do you need to know?



Aviva DigiCare+ Workplace

Aviva DigiCare+ Workplace is an app-based service. It's compatible with most iOS and Android devices.

This service is a non-contractual benefit Aviva can change or withdraw at any time.

How to access the app and services

You'll either receive an invitation from Square Health inviting you to download and register for the Aviva DigiCare+ workplace app or your employer will share a registration PIN code with you.

If you receive an email from Square Health inviting you to download and login to the service, initially you'll register using your work email address, but you can change this to a personal email address later.

An Aviva Group Protection and/or an Aviva Healthcare policy or scheme should not be taken out for access to Aviva DigiCare+ Workplace. The main purpose for taking out a policy should be the protection available.

The terms and conditions and the privacy policy for Aviva DigiCare+ Workplace can be found within the app.

Aviva DigiCare+ Workplace access for your uninsured spouse/partner and children

Once registered, you can add the details of your uninsured spouse or partner and/or your eligible dependants if you want to give them access to the service.

Your uninsured spouse or partner and/or any dependants over the age of 16 will receive an email invitation from Square Health, allowing them to create their own login. The same registration process then applies.

Access to information for any dependants under the age of 16 will be part of your app login, but you can share data for any dependants under the age of 16 to the app of your spouse or partner if you want.

Please note, if you have a spouse or partner and/or dependants over the age of 16 insured on your Aviva Healthcare policy, they will receive their own invitation to download and register for the Aviva DigiCare+ Workplace app. You do not need to add them to your account, unless you so wish.

Leaving your employer

If you leave your employer, you will no longer have access to the services. However, you will have access to your personal information held within the app for 12 months. If you are using a service before you leave, you can finish a course of treatment already arranged, and keep any appointments booked before you left.

How to find help

If you need technical support for the app, you can contact the Square Health customer service centre. The team can also answer service questions. Aviva DigiCare+ Workplace is an app-based added value service. In exceptional circumstances, please contact the Square Health customer service centre for out-of-app support.

Call them on **0333 023 2730**

Lines are open Monday to Friday between 9am and 5pm. Calls are monitored and recorded. Local call charges apply.

Email them on **digicarehelp@squarehealth.com**

Need this in a different format?

Please get in touch if you'd prefer this brochure (**GR06694**) in large print, braille, audio or in a different colour.

How to contact Aviva:

0800 068 6800

contactus@aviva.com

MyAviva.co.uk

Lines are open Monday to Friday from 8.00am – 6.30pm.
Calls may be recorded and/or monitored.

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GR06694 02/2026 (62385)

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