

Your guide to Aviva DigiCare+



Take control of your health and wellbeing with Aviva DigiCare+

We all know looking after our day-to-day health and wellbeing should be a top priority, but life often gets in the way.

Available with eligible individual protection policies, the Aviva DigiCare+ app, provided by Square Health, can help you and your family prevent, detect and manage common health and wellbeing problems directly from your phone or device.

Aviva DigiCare+ offers a range of health and wellbeing benefits from third party providers.

These useful benefits include:



Digital GP consultations

Unlimited Digital GP consultations



Annual health check

and follow-up digital appointment with a healthcare professional



Nutrition Consultations

Eight video sessions per year



Mental Health support

Eight video sessions per year

The app also offers:

- Health, wellbeing, gym and cancer care discounts
- Bupa Anytime HealthLine
- Second Medical Opinion
- Digital GP
- Personal training service
- Physiotherapy (Income Protection+ customers only)
- Bereavement counselling
- Red Apple Law legal services

Aviva DigiCare+ is ready to use as soon as your policy is active, so you can look forward to a healthier future by looking after yourself today.

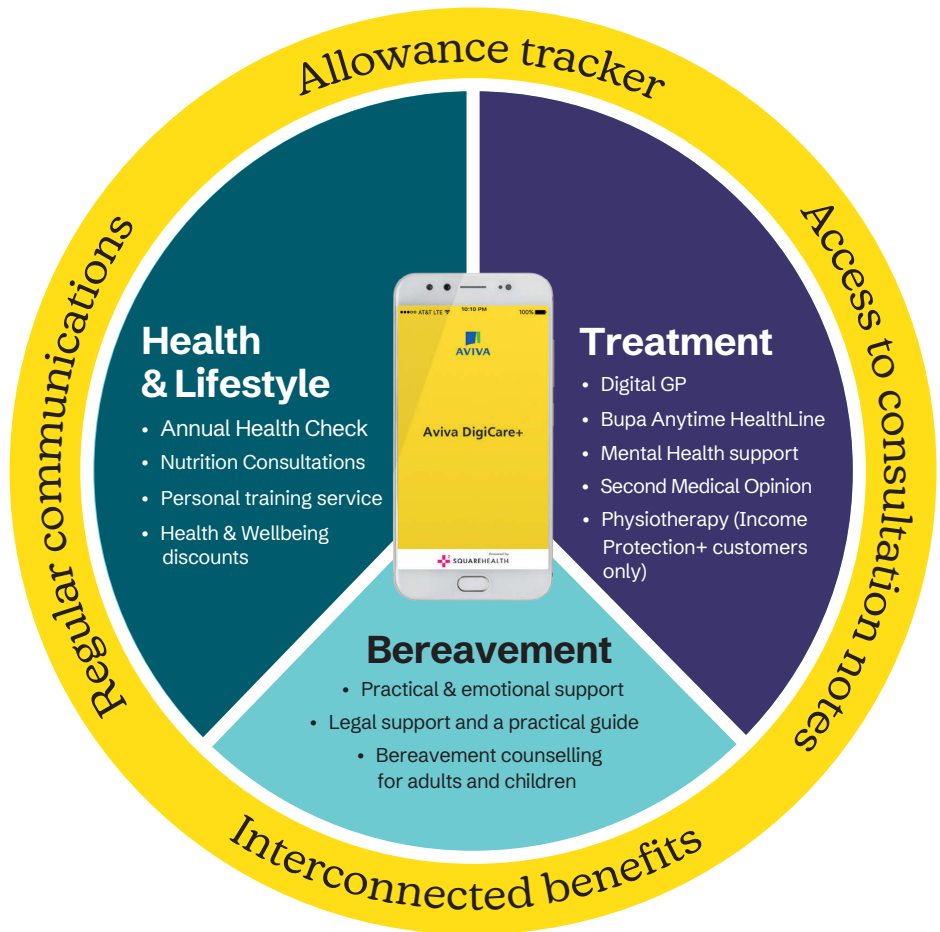
Of course the main reason for taking out a policy with us is financial protection - you shouldn't take out a policy for Aviva DigiCare+ alone.

This is a non-contractual benefit Aviva can change or withdraw at any time. Terms and conditions and a privacy policy can be found within the app.

One app, many benefits

Many of the health and lifestyle conditions we deal with can be managed, or even avoided completely, with some small changes and careful management.

Aviva DigiCare+ has a range of health and lifestyle benefits, treatment options and bereavement support to help. You can use any of the benefits as soon as you've downloaded the app, but why not start by getting a heads up on your health with your annual health check?



Health check

A check-up from the get-go

How healthy are you? The annual health check gives you a health snapshot from the comfort of your home. The cost of the health check is £39.95.

It tests for liver, kidney and bone health, cholesterol, gout, proteins and diabetes risk.

With two million people in England at risk of developing type 2 diabetes¹, it's reassuring to know that the health check could pick up any warning signs early.

- Request your home testing kit via the app
- Follow the instructions enclosed within the kit to give a finger-prick blood sample
- Return it by Freepost to be tested in a laboratory where it will be checked for 20 different health markers
- You'll receive a personalised report and follow-up digital clinician consultation to discuss next steps.

¹ Source: NHS, [england.nhs.uk/diabetes/diabetes-prevention/](https://www.england.nhs.uk/diabetes/diabetes-prevention/). NHS Diabetes Prevention Programme (NHS DPP). Information accessed November 2023). Contains public sector information licensed under the Open Government Licence v.3.0.



Talk through your results with a healthcare professional

Once your health check report is ready, you'll be able to arrange a follow-up digital appointment with a healthcare professional who can talk you through your results and discuss any next steps. Peace of mind, just a pin-prick away.

Provided by Square Health. Not available in Gibraltar.



Nutrition

Advice for healthy eating

Eating right can make a big difference to your overall health, fitness and wellbeing. But it can be difficult to make healthy nutritional choices, especially when you lead a busy lifestyle. In 2022, 29% of adults in England were obese.¹

So many of us recognise the need to take action but struggle to either start the process or stay the course.

If you'd like a little guidance, Aviva DigiCare+ can help.

- Access to a trained nutritionist who can help you with an optimal eating plan
- Advice on changing your relationship with food and breaking bad habits
- An assessment of your current nutrition and lifestyle choices
- Up to eight consultations a year shared between you, your partner and your children aged 12 to 18 (or 21 if in full-time education)

Our nutritionists will support you with everyday healthy eating and will help you to make long-term lifestyle changes.

Provided by Square Health.

1 Source: NHS Digital, Health Survey for England 2022, part 2. Health Survey for England: 2022 Adult and child overweight and obesity tables Published 24 September 2024. Contains public sector information licensed under the Open Government Licence v.3.0





Personal training service

Feeling good starts with moving more

With access to qualified personal trainers through the Aviva DigiCare+ app, you can enjoy motivational, expert guidance designed to help you feel stronger, more confident and more in control of your wellbeing. Personal trainers will assess your fitness goals and challenges, then create a tailored programme that fits your lifestyle and supports steady, sustainable progress.

- Access consultations through the Aviva DigiCare+ app – discuss your fitness goals and any challenges with a qualified personal trainer.
- Up to eight sessions per year – sharable between you, your partner and children (aged 16 to 18, or up to 21 if they're in full-time education).
- Choose your personal trainer by browsing biographies before booking.
- Sessions are available Monday to Saturday.

Whether you're just starting out or aiming to reach the next level, this service supports both physical and mental health.

Provided by Square Health.

Health, wellbeing, gym and cancer care discounts

Get active for less

Enjoy great savings on a variety of products and services, provided by Get Active, to help you get active and keep healthy. From gym memberships, at over 4,000 health and fitness clubs, to online work-outs, at home fitness and other products and services that can enhance a healthy lifestyle, there is something for everyone.

- Getting active can help you feel more energised
- Regular exercise helps you to stay flexible and could prevent ill health
- Being fit and active can help boost your confidence and put you in a great frame of mind

Simply use the club finder to see which gyms are closest to you.

The sign-up process for some offers, such as health and fitness clubs, means you'll enter a binding contract which may include conditions such as minimum term and monthly fees. Please read the terms and conditions relating to your chosen offers carefully.

The Get Active and Cancer Care discounts are accessible via My Wellbeing Discounts provided by Epassi Group.

Cancer care for less

We've now enhanced this benefit to include savings on products and services to help make a small difference if you or someone close to you is living with cancer.

These can be used for personal support or to gift to loved ones who are living with cancer. So, whether you're looking to improve your current health and wellbeing, show someone who is living with cancer your support, or you just want to feel more like yourself following a cancer diagnosis, there's a choice of specially arranged products and services to help.

Cancer Care guide

Knowledge is power

Our guide, developed with expertise and information from our partner Macmillan Cancer Support, makes it simple for you and your loved ones to find information that helps make life a little easier. It's packed full of useful tips to help you every step of the way. On Macmillan's Support Line you can speak to their trained specialists for any emotional, practical and financial support that you may require, you can reach them on **0808 239 6341**.

The cancer experience can be one of uncertainty and anxiety. No two days are the same. People are seeking a sense of control across the journey, for themselves and their family and friends. Knowing what to expect can help you feel less overwhelmed, more in control and better equipped to make decisions. That's why the Cancer Care guide covers topics like: assisting with financial concerns, healthy eating, employment rights, questions to ask the healthcare team, support to help you prepare for cancer treatment.



Treatment benefits

Bupa Anytime HealthLine

Anytime health advice, in an instant

Got a health query about yourself or a loved one? Whether it's an everyday health concern or something more serious, chances are a qualified nurse can give you the guidance you need, rather than needing a GP or resorting to the internet.

- Call the Bupa Anytime HealthLine any time of day or night, 365 days a year
- You'll get to speak to a qualified nurse whenever is most convenient for you
- There's no limit on the number of calls you can make
- The service covers not just you, but your partner and children too

With a healthcare professional always just a call away, you can clear up concerns without the usual stresses of scrambling for an appointment or taking time off work.

Provided by Bupa.



Digital GP consultation

This service is available to you at no additional cost and gives you access to unlimited Digital GP consultations (subject to a fair use policy).

Quick access to a private doctor

To complement existing NHS treatment, you can access our Digital GP service which gives you speedy access to a private doctor – great for those who struggle to find time for doctor’s appointments. You can have unlimited digital consultations which can be shared with your partner and children up to the age of 18 (or 21 if in full-time education). With consultations lasting up to 20 minutes, this service is available 24/7, 365 days a year.

Please note that this service is not suitable for emergency treatment.

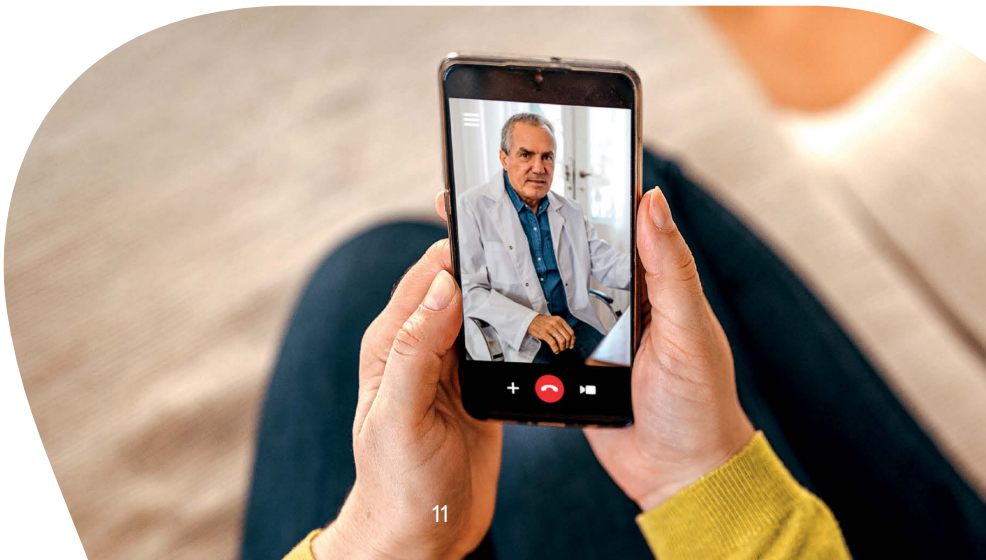
And just like your usual GP, they issue:

- private prescriptions
- consultant referrals
- advice on current medication
- repeat prescriptions
- fit notes

But all without the hassle of leaving your home or sitting in a waiting room.

For private prescriptions, a charge will be made by the pharmacist and will depend on the cost of the medicine. There is no charge for writing the prescription.

Provided by Square Health.





Mental Health support

Make mental health a priority for you and your family

Mental health problems represent the largest single cause of disability in the UK¹. With one in four adults and one in ten children experiencing mental illness,² it's good to know that Aviva DigiCare+ doesn't just keep you one step ahead when it comes to your physical health. It also gives you quick access to tailored mental health advice for you and your family.

- Up to eight video mental health sessions per year
- Sessions can be shared between you, your partner and children aged 16-18 (or 21 if in full-time education)
- Advice available for parents concerned about younger children
- Get an appointment on average within two working days, easily bookable via the app

You can review the profiles of therapists in the app to select one who best meets your needs. It's a great way of accessing therapy without the cost of private treatment.

Provided by Square Health.

¹ Source: NHS England, [england.nhs.uk/mental-health/adults/](https://www.england.nhs.uk/mental-health/adults/), Adult and older adult mental health. Information accessed November 2023.

² Source: NHS, [england.nhs.uk/mental-health/](https://www.england.nhs.uk/mental-health/). Information accessed November 2023. Contains public sector information licensed under the Open Government Licence v.3.0.



Second Medical Opinion

A fresh pair of eyes, for extra peace of mind

It's not easy being diagnosed with a medical condition. Naturally you'll have questions and will want to be sure of the diagnosis and recommended treatment pathway – so it's reassuring to know that with Aviva DigiCare+ a second medical opinion on your initial diagnosis from a UK-based clinical specialist isn't far away.

The service offers:

- Access to a face-to-face consultation with a UK specialist. Video or phone consultations may also be available.
- Support with most medical conditions, including mental health conditions.

The specialist will answer questions you may have about your diagnosis and provide a clinic letter with a summary of recommendations. You can use this service twice a year, and it covers you, your partner, and children up to 18 (or 21 if in full-time education). Cost of treatment isn't covered.

Provided by Square Health.

Physiotherapy

Manage injuries and pain with maximum ease

If you've bought an Aviva Income Protection+ policy, you can benefit from our physiotherapy services. Aimed at helping people of all ages to manage injuries and conditions and prevent them from worsening, our physiotherapists use movement, exercise, manual therapy and education to combat minor injuries through to chronic musculoskeletal pain.

Income Protection+ customers can benefit from an online programme of physiotherapy.

The service can be used twice per year for separate conditions, with access to three face-to-face physiotherapy sessions per year, per condition.

With early intervention, we hope to help you nip any physio issues in the bud, enabling you to live a comfortable, active and longer life. Physio could also help you get back to work if you've had to stop due to injury.

Provided by IPRS Health. Only available to Aviva Income Protection+ customers. Not available in the Channel Islands, Isle of Man or Gibraltar.



A helping hand through the most trying times

In the event of a bereavement, would you know who to inform and what practical steps you'd need to take? If the worst were to happen to you or your loved ones, we know you'd want to make sure those left behind have all the support they need. Not just financially but in terms of practical assistance and emotional care.

- **Bereavement counselling** - loss can take a long time and a lot of talking to process. You can access eight telephone consultations with a qualified counsellor, which can be shared between you, your partner and children aged 16 to 18 (or 21 if in full-time education). Your partner and children can continue to use the service if you pass away during the policy term.
- **Bereavement Support Line** - Grief Encounter's confidential helpline, provides bereavement support for any children and their families impacted by the death of someone close.
- **Legal services** - including a free legal helpline and discounted Wills, Living Wills, Lasting Power of Attorney, estate administration and funeral support.
- **Bereavement guide** - a practical guide to registering a death and other practicalities that will need consideration.

Bereavement counselling provided by Square Health. Bereavement Support Line provided by Grief Encounter.

Legal services provided by Red Apple Law - services may be limited in Northern Ireland, the Channel Islands, Isle of Man and Gibraltar.

Free and discounted legal services from Red Apple Law

When it comes to planning for your future, the legal side of things can feel quite overwhelming. That's why, with our Individual Protection policies, you can access a range of services to help you get the essentials in order. This includes support when arranging a funeral if you lose a loved one and recording your own wishes.

These legal services are provided by Red Apple Law, who form part of the Trust Inheritance Group. Over the last 30 years, they've helped more than 300,000 people write their Wills or plan for their family's futures.

- **Funeral Support** - Have all your questions answered by an experienced bereavement team who can help you when funeral planning.
- **Will Writing** - Make sure your money, property and possessions go to the right people when you pass away.
- **Lasting Power of Attorney** - Appoint attorneys to make decisions on your behalf should you become unable to.
- **Living Will** - Let medical professionals know what medical treatment you would and wouldn't like to receive if you're diagnosed with a terminal illness.
- **Terminal Illness Support** - Access professional advice on how to help your loved ones with legal planning and emotional support if you're diagnosed with a terminal illness.
- **My Final Wishes** - Plan your future ahead of time and bring emotional comfort to your loved ones during bereavement.
- **Legal Helpline** - Get free advice and guidance from a legal expert by booking a telephone call back.
- **Estate Administration** - Get guidance on everything you need to do after someone passes away, including free online grief counselling.



How to access Aviva DigiCare+



Download the app:

Get the Aviva DigiCare+ app from the App Store or Google Play.



Register your details:

Open the app and register using your policy number or the activation code from your invitation email. Or you can log in using your MyAviva details.

If your policy has been placed in trust since January 2015, you'll need to use an activation code to register, unless you are the primary policyholder for another policy registered under MyAviva. We'll email the activation code to you.



Start using the services:

As soon as you've completed your profile you can order your health check test kit and make use of the other benefits.

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

Need some help?

For registration or technical app support please email digicaresupport@aviva.com.

For all other queries, please email protectioncustomers@aviva.com or call 0345 600 3122. Opening hours are Monday to Friday 9am to 5pm. Calls are monitored and may be recorded.

If you don't have a smartphone or tablet, but want to use the benefits:

call **0345 030 8071**. Opening hours are Monday to Friday 9am to 5pm. Calls are monitored and may be recorded.

For queries about benefits provided by Square Health:

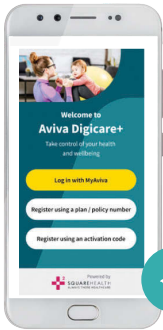
email digicaresupport@squarehealth.com or call **0333 023 2700**. Opening hours are Monday to Friday 9am to 5pm. Calls are monitored and may be recorded.

Tap into your benefits in an instant

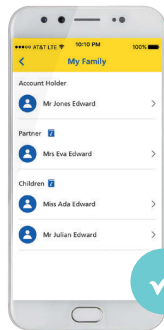
Having all the benefits in one place on the app helps to make following advice with action simple and straightforward.

Aviva DigiCare+ lets you access video consultations, review your consultation history and keep track of your allowance, all in a few taps.

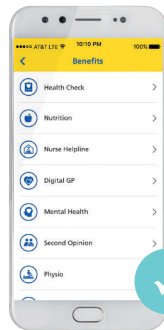
Here are some of the things you can do:



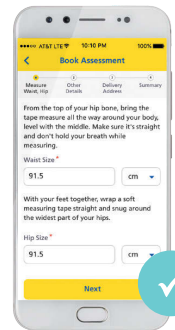
Register or log in to your account



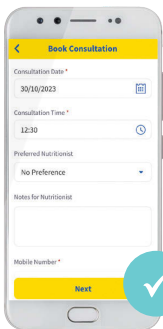
Add family members to your profile - they can use many of the benefits offered too



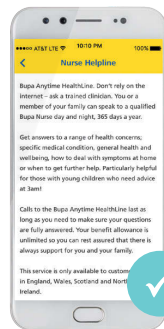
Choose from a range of benefits to support your health and lifestyle



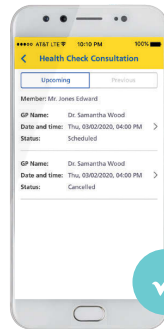
Take advantage of an annual health check to identify potential health risks and receive advice from a digital clinician on any recommended action to take



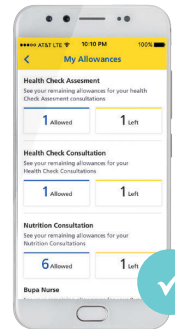
Get a personalised plan from a trained nutritionist who can also help you and your family to change your relationship with food and break bad habits



Need some medical advice? Rather than relying on the internet, you can speak to a qualified nurse. Eligible family members can use this service too



You can view your consultation history all in one place



It's easy to keep track of your consultation allowance

Clinical excellence at the touch of a button

Our focus is on providing you with the best protection we can against the worst that could happen. But true protection starts with early intervention and detection of issues.

We want to help make looking after yourself and your loved ones that little bit simpler. That's why Aviva DigiCare+ offers a range of benefits from carefully chosen expert partners.



“As Medical Director at Aviva, it’s my job to make sure the carefully selected partners we work with bring you quality clinical support. That’s why I’m proud to introduce Aviva DigiCare+. The app offers a range of interconnected benefits to help you take control of your health and wellbeing, whether that’s understanding your personal health risks, taking action to improve your health or seeking support, all from the day your protection policy starts.”

Dr Doug Wright, Medical Director, Aviva

“As a consultant surgeon myself, I know the value of quality medical services which are readily available at the point of need. Our technology platform is highly flexible and in partnership with Aviva we have developed a bespoke solution with a single access point to all these benefits.”


**Dr Bippon Vinayak, Executive Chairman
and co-founder of Square Health**





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How to contact us

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 protection@aviva.co.uk

 aviva.co.uk

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and will be recorded.



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aviva.co.uk