

# Aviva DigiCare+ and Aviva DigiCare+ Workplace Apps



Provided by Square Health and other carefully selected third party providers. Available with eligible individual protection policies (your financial adviser will advise on eligibility) and all group protection policies.

## Highlights...

## In 2024...

Over  
**half a million**  
registrations

since launch. With 183,594  
registrations in 2024

**139%** increase in  
appointments  
from 2023 to 2024 (mental health,  
GP and nutrition)

**92%** of users would  
recommend the  
consultation services  
(GP, mental health,  
nutrition and second  
medical opinion)

**37%** increase in young adult  
registrations from  
2023 to 2024 (16-21 year olds in full  
time education)



### Digital GP

Digital GP, **45,109 digital GP appointments** booked

Some of the top reasons  
for booking appointments  
were due to:

- **skin complaints** including moles and other skin lumps
- **joint and muscular problems** including sprains and strains
- **colds/flu** and minor symptoms
- **women's health**

**99%**  
Percentage of  
appointments  
booked within  
3 hours

**92%**  
of feedback  
responders  
said the **expert**  
dealt with their  
query in full



### Health Check

Health Check, **78,936 Health Checks** ordered

**57%**  
increase in  
Health Check  
assessments  
ordered from  
2023 to 2024

**77%**  
of completed  
Health Checks  
returned  
**cholesterol**  
status outside of  
normal range

**66%**  
of completed  
Health Checks  
returned  
**liver health**  
results outside  
of normal range



### Mental health

Mental health, **22,325 consultations** booked

The primary  
reasons  
for booking an  
appointment  
were for **anxiety,**  
**depression** or  
**low mood** and  
**stress.**

**97%**  
of mental health  
consultations  
were available  
within 3 hours

**88%**  
increase in mental  
health consultations  
from 2023 to 2024  
  
**58%**  
of users were **women**



### Nutritional

Nutritional, **10,538 consultations** booked

**65%**  
of appointments  
were for **women**  
  
**35%**  
were for **men**

**100%**  
of appointments  
were available  
within **2 working**  
days

**92%**  
of users would  
recommend the  
nutrition service

All figures based on data provided by Square Health from January - December 2024, except registrations since launch which is based on data from September 2020 (September 2020 for Aviva DigiCare+ Workplace and December 2022 Aviva DigiCare+) - December 2024, and increase in health checks, mental health consultations/GP/nutrition appointments and young adult registrations which is based on data from January - December 2023 and January - December 2024.

To find out more about Aviva DigiCare+ and Aviva DigiCare+ Workplace please speak to your financial adviser or employer. The Aviva DigiCare+ and DigiCare+ Workplace apps are a non-contractual benefit that can be changed or withdrawn at any time. The terms and conditions and privacy policy can be found within the apps. Residency restrictions apply. Please see the apps for more details.

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