

Aviva Wellbeing Services

Looking after your people and investing in their wellbeing can lead to increased productivity, increased engagement and a happier healthier workforce. That's why we go the extra mile to include a range of wellbeing services and benefits at no extra charge with every Group Personal Accident or Business Travel product.

What are Aviva's Wellbeing Services?

Aviva Line Manager Toolkit: Mental Health*

This is a digital service that offers bitesize video modules and downloadable materials which aim to help line managers spot the warning signs of poor mental health in the workplace.

Developed by clinical experts the video modules include:

- ✓ Mental health in the workplace
- ✓ Changing behaviours
- ✓ Having difficult conversations
- ✓ Signposting
- ✓ How to respond to a crisis situation
- ✓ Adapting and adjusting in the workplace

Wellbeing Library*

The online wellbeing library offers useful content, hints and tips, plus guides and tools on a wide range of wellbeing situations. Members will find helpful support for family and relationships, money or work, mental or physical health conditions. Whatever is on their mind, they can find information to help them deal with it.

Get Active & Aviva Cancer Care*

We offer discounted gym memberships, including well known health and fitness club brands, savings on online workouts and offers on products and services that can help support a healthy lifestyle. Cancer Care and Get Active provides access to:

- ✓ Fitness at Home
- ✓ Relaxation & Meditation
- ✓ Nutrition
- ✓ Experience Days
- ✓ Travel & Spa Breaks
- ✓ Self Care

Counselling service*

Access to a 24/7 365 confidential service available to all members to help deal with work and personal issues such as bereavement, divorce, the threat of violence and bullying in the workplace and much more.

Calls are free and completely confidential.

Watch this short video showing the entire range of services



For more information - speak to your local Underwriter or visit our client website

Access to all these services is only available for United Kingdom, Northern Ireland, Channel Islands and Isle Of Man customers. This service is not available to Gibraltar, Ireland or overseas customers.

* These are non-contractual benefits and can be changed or removed at any time.

Aviva Health UK Limited. Registered in England and Wales. Number 2464270. Registered Office 8 Surrey Street, Norwich NR1 3NG. Authorised and regulated by the Financial Conduct Authority. Firm Reference Number 308139. BMGI146462025 06.2025

