

# 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. Employees 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 with Get Active provides access to:

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



### Counselling Service

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

This is a non-contractual benefit and can be changed or removed at any time.