

Help@hand

from unum

Download the app today

Help@hand provides you and your family* with fast, direct access to six high quality health and wellbeing support services through one easy-to-use app.

- + Remote GP
- + Mental health support
- + Physiotherapy
- + Medical second opinions
- + Life, money & wellbeing support
- + Wellbeing Calendar

Look out for your 'welcome email' for more information including your login details.



Search 'Help@hand' in the App Store or Google Play



* Employees and partners can access all services. Children are eligible to access Remote GP and Medical second opinion services up to their 18th birthday. Children can access Remote GP, Medical second opinions, Life, money & wellbeing support and the Wellbeing Calendar after their 18th birthday up to their 24th birthday if in full-time education, via their own Help@hand app.

Help@hand is a virtual, value-added benefit service which connects the employees of Unum customers to third party specialists who can help manage their health and wellbeing, and that of their family. Access to the App and the service is facilitated at no cost by Unum. However, you will be liable for charges for medication and delivery, referral letters and private fit notes. Unum is not the provider of the Help@hand service, but retains the right to withdraw or change the service at any time.

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Unum offers access to the Help@hand services provided by third parties. Remote GP, second opinion, mental health support and physiotherapy are provided by Square Health via their Help@hand app. Square Health Limited, registered in England and Wales Number 07054181. Crown House, William Street, Windsor SL4 1AT.

Life, money & wellbeing support provided by LifeWorks whose registered office is Suite 1, 3rd Floor 11-12 St James's Square, London SW1Y 4LB. Registered in England company number 8223675.