

Making the most of Group Life



Are you accessing all the support and resources?

Life insurance can provide financial reassurance to employees. As a Unum Group Life policyholder you and your employees can access a range of health and wellbeing support at no additional cost. These are designed to make life easier, keep staff healthy, managers up-to-date and provide key support during difficult times.

1

Bereavement counselling*

To help during a difficult time, bereavement counselling is available to you, your partner, and children over the age of 16.

This is available via Help@hand from Unum.

2

Help@hand*

Award-winning app, providing total health and wellbeing support with high quality, personalised services and everyday lifestyle assistance that make a real difference - all in one place, for employees and their eligible family members.†

- + unlimited mental health support††
- + physiotherapy
- + second medical opinion
- + 24/7 remote GP appointments
- + 1-2-1 lifestyle coaching

Employee Assistance Programme*

Plus, employee assistance programme (EAP) services fully integrated in the Help@hand app.

- + 24/7 helpline
- + financial support
- + legal support
- + wellbeing resources
- + savings and discounts

Selected services are also extended to uninsured employees.

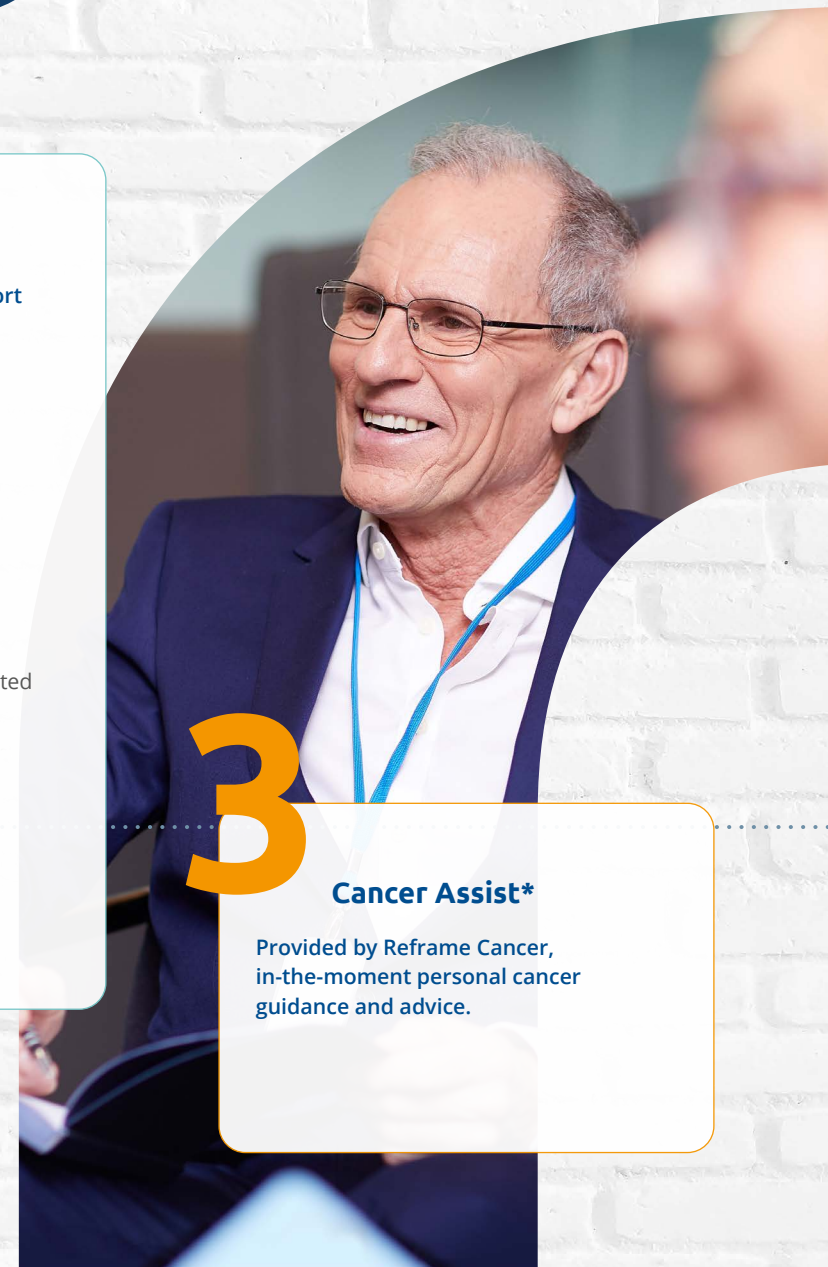
† Eligible family members include partner and children up to 18, or up to 24 if in full-time education.

†† For mild to moderate issues. Number of sessions subject to clinical appropriateness.

3

Cancer Assist*

Provided by Reframe Cancer, in-the-moment personal cancer guidance and advice.



4

Interactive wellbeing calendar

Accessible through the Help@hand app and providing wellbeing content and regular events such as:

- awareness dates
- webinars
- podcasts

5

Workplace Wellbeing Hub

A huge array of wellbeing resources and support for your business and your people.

6

Bereavement training

ST CATHERINE'S
HOSPICE

Our online bereavement workshop, created in association with St. Catherine's Hospice, has been designed to take employers through the stages of supporting employees who have lost a loved one.

Bereavement modules:

- What is bereavement?
- Working through bereavement
- Bereavement in the workplace
- Supporting a bereaved colleague
- Support if a colleague dies

Bereavement guide

Giving employers and employees the tools they need to navigate difficult times.

7

Legal support for employers*

Advice on a range of issues including employment, health and safety, intellectual property and debtor management.

Call our helpline on **0808 304 3698**. Support is available between 8am to 8pm, on business days.

8

Master Trust

Any company wishing to offer its employees Group Life Insurance should have a Discretionary Trust in place.

If you have opted to use the Unum Master Trusts, these are ready to go straight away.



Group Life Insurance claims forms:

www.unum.co.uk/claims/group-life-insurance

Help@hand is provided to Unum Group customers by Square Health. It offers access to services designed to manage the health and wellbeing of employees and their families. Help@hand is entirely separate from any Unum insurance policy. Help@hand is not part of the insurance contract, is provided by Unum for no additional cost to its customers, and Unum can withdraw or change the service in the future. Help@hand is available to UK residents only.

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Cancer Assist provided by Reframe. Reframe is the trading style of Harley Street Concierge Ltd. Registered address: The Square, Basing View, Basingstoke, Hampshire, UK RG21 4EB.

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