**Health Plan 360**

**Company Paid Employee intranet template**

This text is designed to be uploaded to your benefits site within the relevant headings to provide important information about the product in an easy-to-read format. This document and the wording in it must not be amended without Unum's consent. We can also provide supporting marketing materials on request - please contact your Account Manager for full details.

**Health Plan 360 – Rebalancing your happier and healthier work-life**

Health Plan 360 helps keep you at your healthiest and happiest with a whole host of physical

and wellbeing benefits.

You can claim cash back on everyday health and wellness expenses, including dental, optical, chiropody and podiatry as well as much more. You also have access to a range of health and wellbeing services to find out more about what’s available please see the below section.

That means you’re not only covered if something goes wrong, but you’re also supported every day with proactive health and wellbeing services. What’s more, we take the stress out of managing your wellbeing. With Health Plan 360, it’s easy to get the care you need and claim back the costs, leaving you free to thrive inside and outside of work.

**Health and wellbeing services all in one place:**

Experience fast and accessible health and wellness services designed to make life easier. We offer high-quality, personalised care with a depth of service that goes beyond basic recommendations from experienced professionals. Some services include:

* **Personalised mental health support**

You can access up to six sessions per year with mental health clinicians to support with mild to moderate mental health concerns.

* **Unlimited remote GP**

Video consultations with a UK-based GP available at any time, day or night. You can speak to a GP quickly, wherever is convenient. Plus, appointments are booked directly via the app and you can even pick the doctor with appropriate expertise for your appointment.

* **Nutritionist consultations**

Up to three virtual consultations with a nutritionist per policy year to help you develop plans to improve your diet and provide guidance on maintaining a healthy, balanced lifestyle.

* **Physiotherapy and complementary therapies**

You can have direct access to a physio for an initial assessment and get up to 6 appointments with a professional for the different treatments.

For a full list of available services and descriptions please view the complete guide [here](https://www.unum.co.uk/docs/Healthplan360-Getting-the-most-of.pdf).

**Simple claims and swift access to support**

Making a claim is simple – in the app just snap a photo of your receipt and follow the on-screen prompts, you can then easily track the progress of a claim until its paid.

Health Plan 360 empowers you to take total control of your health and wellbeing via the Help@hand app. Experience fast and accessible health and wellness services designed to make life easier.

**Details of the benefits you have access to and the limits of the policy can be found in the Benefit Schedule.**

**How do I access the benefits of Health Plan 360?**

Getting started is easy, from the start of your policy period you will receive a welcome email or letter confirm your Health Plan 360 membership . This will include steps to download the Help@hand app, register, and start using your benefits.

**Got a question?**

For Health Plan 360 FAQs, please go to [[Health Plan 360 frequently asked questions](https://www.unum.co.uk/frequently-asked-questions-healthplan)]