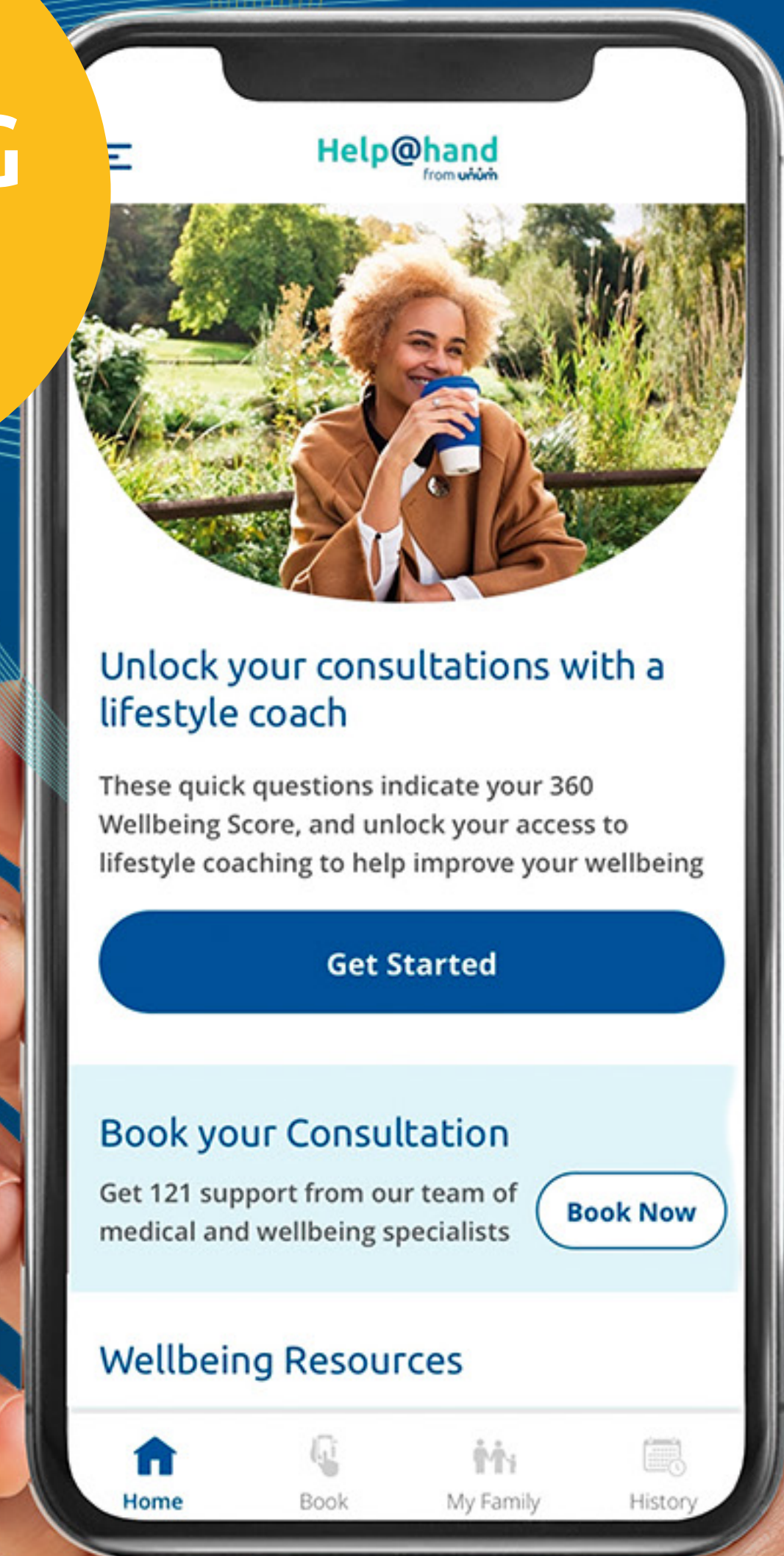




COMING SOON

# Unum's award-winning Help@hand app

Health and wellbeing support for you and your eligible family members\*, which really makes a difference



- + **Don't wait if you need help.** Get unlimited mental health counselling\*\* and unlimited 24/7 remote GP appointments, plus physiotherapy and more
- + **Prioritise your health and wellbeing to feel your best.** Get health insights with your 360 Wellbeing Score and unlock 1-2-1 lifestyle coaching
- + **Not sure where to start?** The 24/7 helpline offers emotional and practical support for everyday issues so small problems don't get bigger

Look out for more information on how to get started!

\*Eligible family members include partner and children up to 18, or up to 24 if in full-time education. Eligibility may vary on services.

\*\*This service is suitable for mild to moderate issues. The number of sessions provided will be subject to clinical appropriateness.

Help@hand connects 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 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. Available to UK residents only.

Unum offers access to the Help@hand services provided by third parties. Square Health Limited, registered in England and Wales Number 07054181. Crown House, William Street, Windsor SL4 1AT.

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