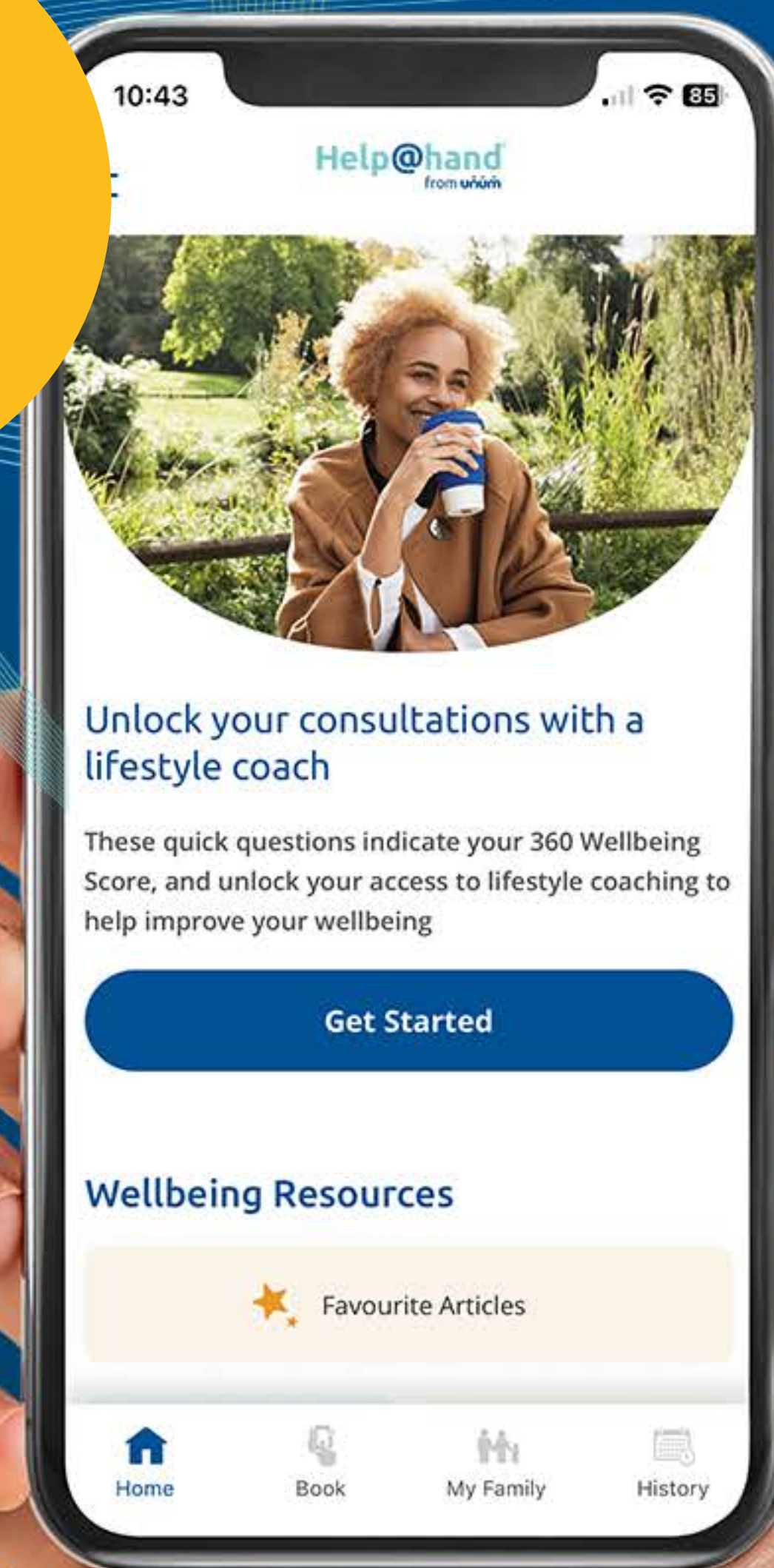




# Help@hand<sup>®</sup> from unum

Total health and wellbeing  
support for **you and your  
eligible family members**<sup>1</sup>



## + **It's comprehensive.**

Whether it's unlimited remote GP appointments or extensive savings and discounts, access services which make a real difference every day.

## + **It's convenient.**

Get everything you need, in one multi award-winning app. From booking appointments any time to on-demand health and wellbeing assessments and content.

## + **It's confidential.**

Feel confident with expert support you can trust, whether you're using unlimited mental health support<sup>2</sup>, or calling the 24/7 helpline - it's personal to you.

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

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

Help@hand from Unum services (the 'Services') are provided to Unum Limited ("Unum") customers by third-party specialist providers chosen by Unum. Unum is not the provider of the Services. The Services are entirely separate from the insurance policy provided by Unum. Access to the Services is facilitated by Unum at no cost to the Unum customer, and Unum may change or withdraw access to the Services at any time. Use of the Services are subject to the terms and conditions of the relevant third-party specialist providers. Services are available to UK residents only. For further information, please go to [unum.co.uk/frequently-asked-questions/services](https://unum.co.uk/frequently-asked-questions/services).