

Help@hand® from **unu**

Total health and wellbeing support for you and your eligible family members¹



Unlock your consultations with a lifestyle coach

These quick questions indicate your 360 Wellbeing Score, and unlock your access to lifestyle coaching to help improve your wellbeing

Wellbeing Resources

10:43

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+ 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 awardwinning 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 support², 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

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