



Help@hand

from unum



Total health and wellbeing support for you and your eligible family members², in one award-winning app



Unlimited mental health sessions¹



24/7 helpline for emotional and practical support



Medical support, including 24/7 remote GP and physiotherapy



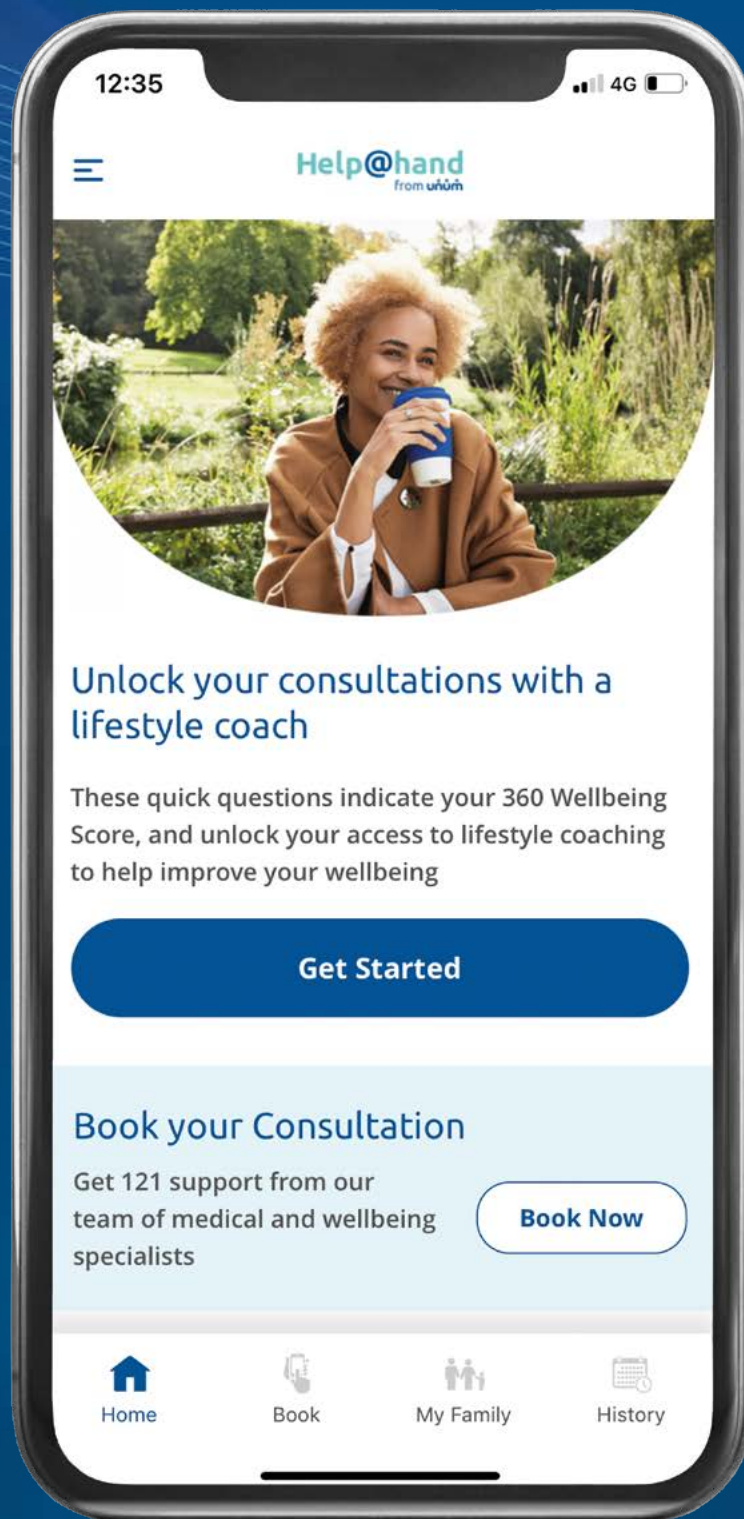
1-2-1 personalised wellbeing consultations



Savings and discounts on your everyday shopping³



And so much more!



Log in with the details in your welcome email



Scan for App Store or Google Play or search 'Help@hand', and download the app today

1. For mild to moderate issues. Number of sessions subject to clinical appropriateness. 2. Eligible family members include partner and children up to 18, or up to 24 if in full-time education. Eligibility may vary on services. 3. Provided by BenefitHub Ltd, registered in England and Wales under company number 11109677 with its registered office at 2nd Floor Regis House, 45 King William Street, London, United Kingdom, EC4R 9AN.