

Help@hand®

from unum

Total health and wellbeing support for you and your eligible family members¹, in one award-winning app



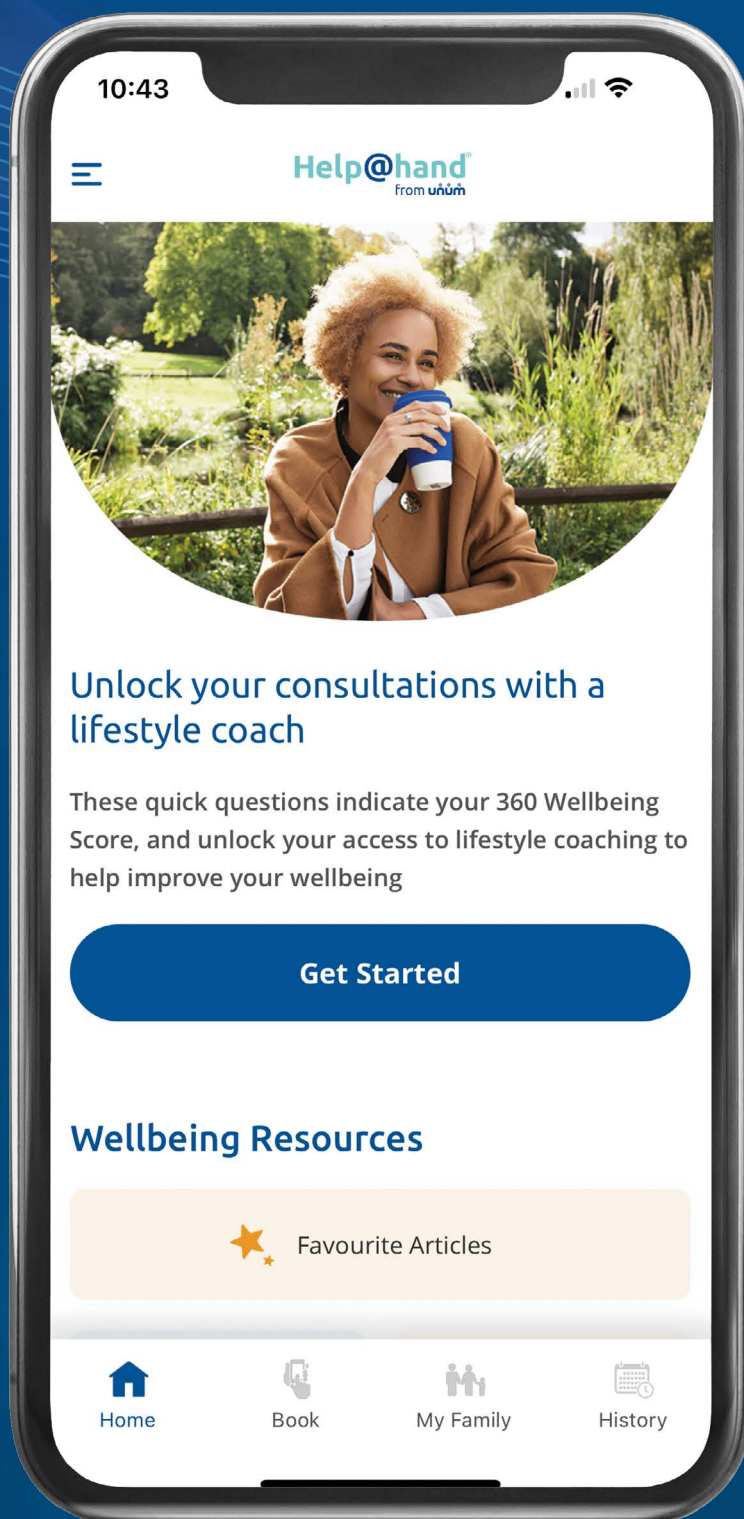
Unlimited mental health sessions²



Medical support, including 24/7 remote GP and physiotherapy³



Savings and discounts on your everyday shopping



24/7 helpline for emotional and practical support



1-2-1 personalised wellbeing consultations



And so much more!



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. Not suitable for complex, pre-existing or chronic conditions. Alternative guidance may be provided if appropriate.

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