



Help@hand[®]

from unum

Take control of your personal wellbeing



For illustrative purposes only

+ Get personal health insights with your 360 Wellbeing Score

Complete just four short assessments covering physical, mental, financial and social wellbeing for your score and recommendations on where you can focus to improve.

+ Take just one assessment to unlock lifestyle coaching*

Improve your everyday health and wellbeing with the help of an expert. Discuss your lifestyle 1-2-1 with a coach for support with making sustainable changes and staying motivated.



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

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*Six sessions per year available to insured employees