

# Help@hand

from unum®

## Take control of your personal wellbeing



### + 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

Help@hand connects employees of Unum customers to third party specialists who can help manage their health and wellbeing, and that of their family. Access to the app and service is facilitated at no cost by Unum. Unum is not the provider of the Help@hand service, but retains the right to withdraw or change the service at any time. Available to UK residents only.

Square Health Limited, registered in England and Wales Number 07054181. Crown House, William Street, Windsor SL4 1AT.

Unum Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registered and Head Office: Milton Court, Dorking, Surrey, RH4 3LZ. Registered in England company number 983768.

\*Six sessions per year available to insured employees