

Making the most of Group Income Protection



unum®

Are you accessing all the support and resources?

Whether it's prevention, intervention, or protection, you have immediate access to a range of health and wellbeing support for you and your employees. Available at no additional cost, they're designed to keep staff healthy, managers up-to-date and help prevent sickness absence.

1

Help@hand*

Award-winning app, providing total health and wellbeing support with high quality, personalised services and everyday lifestyle assistance that make a real difference – all in one place, for employees and their eligible family members.†

Including

- + unlimited mental health support**
- + 24/7 remote GP appointments
- + 1-2-1 lifestyle coaching
- + personal training sessions
- + nutritional consultations

Employee Assistance Programme

Plus, employee assistance programme (EAP) services fully integrated in the Help@hand app.

- + 24/7 helpline
- + financial support
- + legal support
- + wellbeing resources
- + savings and discounts

Selected services are also extended to uninsured employees.

2

Health and wellbeing workshops

Unrestricted access to a suite of interactive wellbeing workshops which are developed and delivered by our in-house specialists and expert partners.

Our online workshops walk through modules on key workplace topics like stress, cancer, sickness absence and mental health.

3

U-First employee wellbeing workshops

Designed to empower and support employees to confidently improve their wellbeing. Topics include:

- Lifestyle management
- Burnout and resilience
- Movement matters
- Wellbeing and menopause
- Gender, health and work

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Interactive wellbeing calendar

Accessible through the Help@hand app and online, and providing wellbeing content and regular events such as:

- awareness dates
- webinars
- podcasts

† Eligible family members include partner and children up to 18, or up to 24 if in full-time education.

** For mild to moderate issues. Number of sessions subject to clinical appropriateness.



5

Workplace Wellbeing Hub

A huge array of wellbeing resources and support for your business and your people.

6

Workplace health and wellbeing review

To get you started, our rehabilitation and wellbeing team can review current practices and provide guidance on how Unum's services can support you further.

7

Return to work support

Immediate access to our team of vocational rehabilitation consultants for tailored support if an employee is struggling with a health condition, whether still at work or off sick.

Employer absence helpline

For a quick answer to any health and absence-related query:

- practical advice without the employee's personal details
- guidance via our phone helpline or email – usually within 24 hours

Call our helpline on 0345 600 6765

Employee Wellbeing Check

Expert guidance and self-management techniques to help employees struggling with their general wellbeing (not linked to a health condition) – help to make realistic changes to improve performance, mood and productivity.

8

Mental Health Pathway

Quick and comprehensive support for any mental health query such as:

- developing a supported and resilient workplace or
- supporting an employee with a specific mental health issue

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Cancer Pathway

Provides you and your employees with quick and easy access to support at diagnosis, during and after treatment, and end of life.

We also offer information, advice and workshops to give HR professionals and line managers the understanding to support an employee with cancer.

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Legal support for employers*

Advice on a range of issues including employment, health and safety, intellectual property and debtor management.

Call our helpline on 0808 304 3698.

Support is available between 8am to 8pm, on business days.

* Help@hand is provided to Unum Group customers by Square Health. It offers access to services designed to manage the health and wellbeing of employees and their families. Help@hand is entirely separate from any Unum insurance policy. Help@hand is not part of the insurance contract, is provided by Unum for no additional cost to its customers, and Unum can withdraw or change the service in the future. Help@hand is available to UK residents only.