



Unlimited mental health sessions¹



24/7 helpline for emotional and practical support



Help@hand[®] from unum



Medical support, including 24/7 remote GP and physiotherapy³



1-2-1 personalised wellbeing consultations

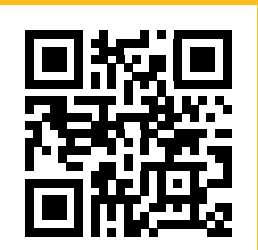
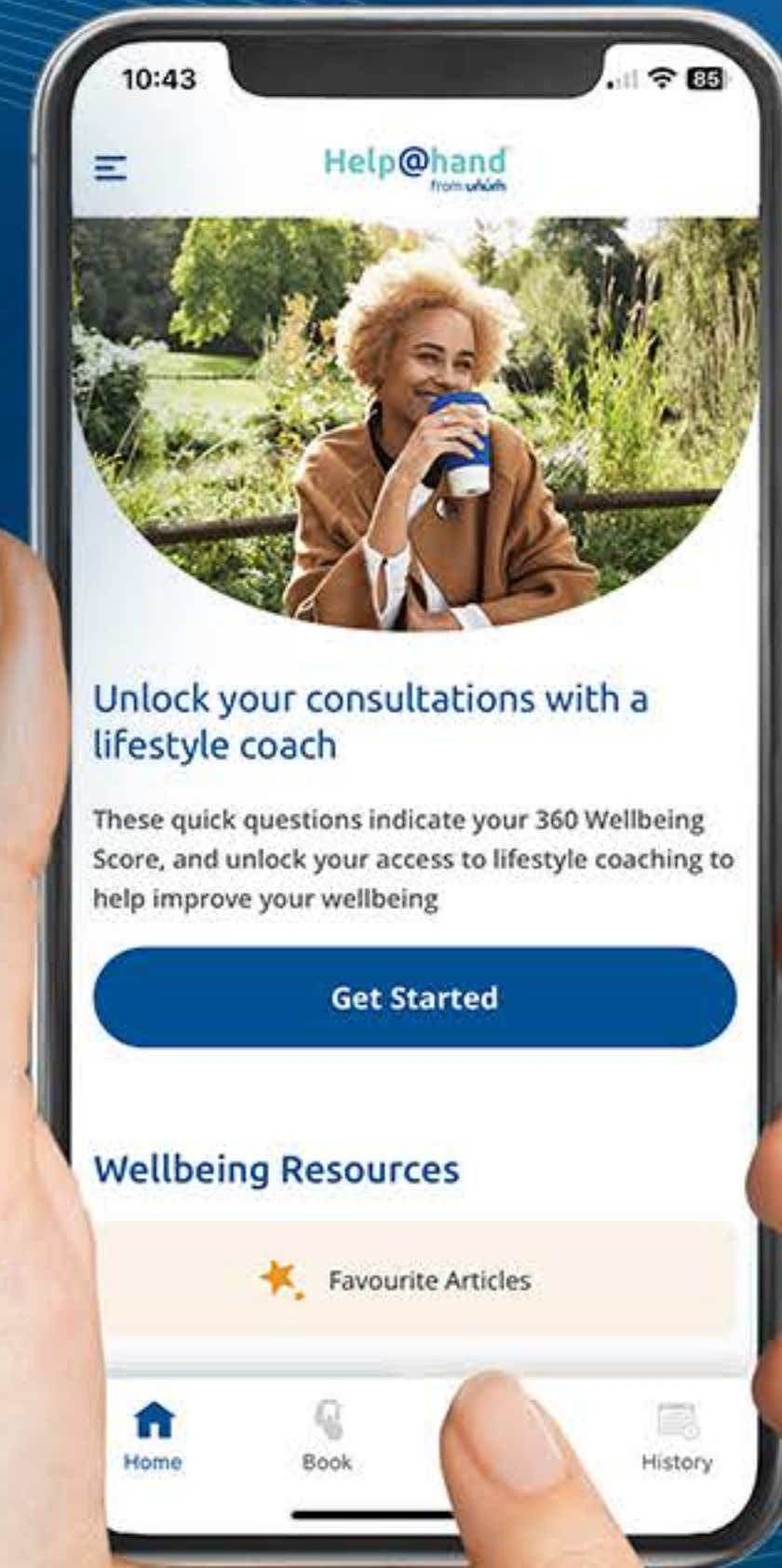


Savings and discounts on your everyday shopping

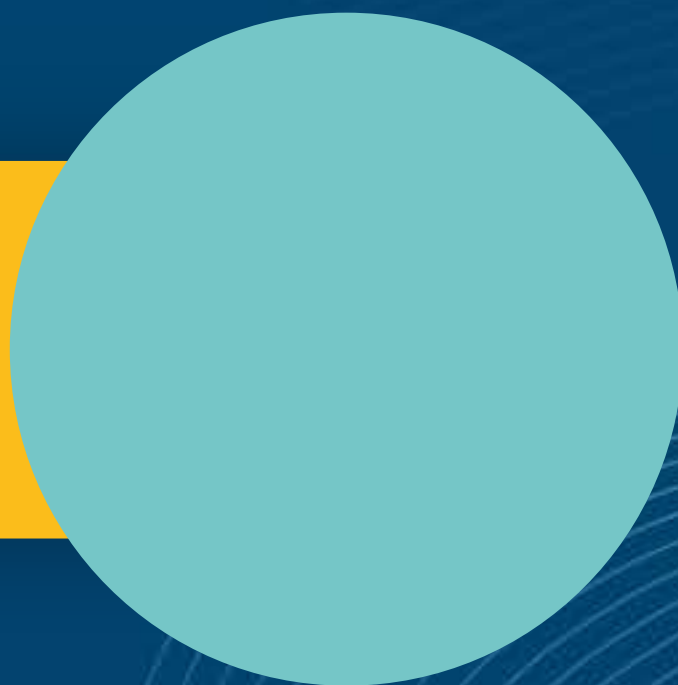


And so much more!

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



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.

Help@hand from Unum and Savings and discounts services (the 'Services') are provided to Unum Limited ("Unum") customers by third-party specialist providers chosen by Unum. Unum is not the provider of the Services. The Services are entirely separate from the insurance policy provided by Unum. Access to the Services is facilitated by Unum at no cost to the Unum customer, and Unum may change or withdraw access to the Services at any time. Use of the Services are subject to the terms and conditions of the relevant third-party specialist providers. Services are available to UK residents only. For further information, please go to unum.co.uk/frequently-asked-questions/services.