

Health concerns don't fix themselves.

The sooner you understand what's going on, the sooner you can decide what to do next.



Talk to a GP

Clinical Advice Line in the Help@hand app connects you with a UK-based GP within 2 hours for expert advice on everyday health concerns*.

*Available for non-urgent health concerns. Clinical Advice Line is available for employees, partner/spouses, and dependents. Dependents are eligible from age 16 up to their 18th birthday, or 24th birthday if in full-time education. The service is available 8am to 8pm, seven days a week. Final callback requests are accepted at 6pm.