

Keeping you **happy** and **healthy** at work

It's people like you that make our business tick. And now you're part of the family, here's the tools to help you be your best today, and every day. Introducing Smart Health – it's the perfect blend of services to help you manage your health and wellbeing. And it includes expert mental health support.

If you or your family¹ need someone to talk to, you have a team of qualified mental health experts on hand for confidential support. You can get the specialist care you need with a limited number of sessions. Anything from coping with stress, anxiety, trauma, depression to dealing with a recent bereavement. Even if you're just not feeling like yourself, the psychologists will be on the other end of the phone to help get you get back to your best.



Personalised
support



Available for you
and your family

It's easy to book an appointment, scan the QR code below and you're good to go. You'll just need your scheme code and photo ID to hand the first time you use it:



Keep me safe
for when you
need me.

SmartHealth

¹Smart Health is available to your partner and children up to the age of 21

Smart Health is provided to AIG Life Limited customers by Teladoc Health. We want to let you know that these services are non-contractual, which means they don't form part of the insurance contract with us. If our partnership with Teladoc Health ends, these services could be changed or withdrawn in the future.

AIG Life Limited. Telephone 0345 600 6820. If calling from outside the UK, please call +44 1737 441 820. Registered in England and Wales. Number 6367921. Registered address: The AIG Building, 58 Fenchurch Street, London EC3M 4AB. AIG Life Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The registration number is 473752. EDCO3877-0424

