

SmartHealth

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.

Every week one in six of us will experience a common mental health problem¹ like stress or anxiety. But we want to change that – making sure you can stay happy and healthy is right at the top of our to-do list.



**Your mental
health is as
important to us
as it is to you.**

Talk to an expert

If you or your family² 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 up to four sessions. Anything from coping with stress, anxiety, trauma, depression to dealing with a recent bereavement. Even if you're just not feeling yourself the psychologists, will be on the other end of the phone to help get you get back to your best.



Up to four therapy sessions



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.



¹ Mind, mental health facts and statistics, 042022

² Smart Health is available to your partner, spouse and any 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 If our partnership with Teladoc Health ends, these services could be changed or withdrawn in the future.

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