



Help@hand

from unum

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



Unlimited mental health sessions¹



24/7 helpline for emotional and practical support



Medical support, including 24/7 remote GP and physiotherapy



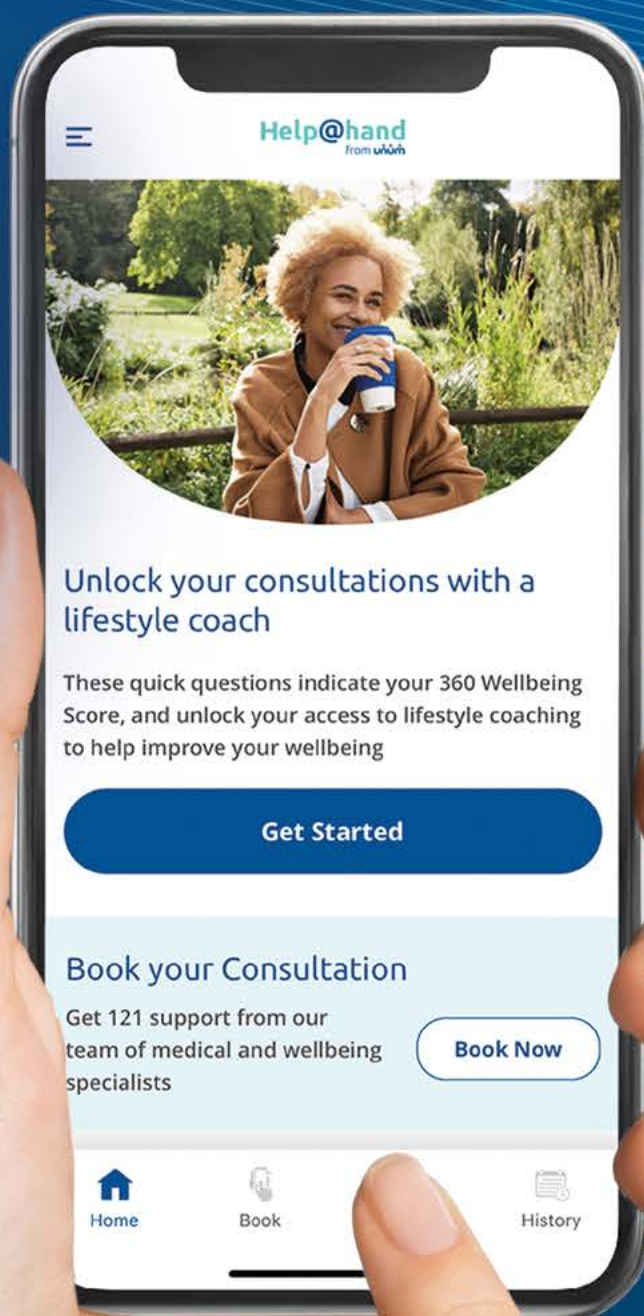
1-2-1 personalised wellbeing consultations



Savings and discounts on your everyday shopping³



And so much more!



Discover more at unum.co.uk/employee/help-at-hand

Or search 'Help@hand' to download the app and get started 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. Provided by BenefitHub Ltd, registered in England and Wales under company number 11109677 with its registered office at 2nd Floor Regis House, 45 King William Street, London, United Kingdom, EC4R 9AN.

Help@hand is a virtual, value-added benefit service which connects the employees of Unum customers to third party specialists who can help manage their health and wellbeing, and that of their family. Access to the app and the service is facilitated at no cost by Unum. However, you will be liable for charges for medication and delivery, referral letters and private fit notes. Unum is not the provider of the Help@hand service, but retains the right to withdraw or change the service at any time.

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