

HELPING TO NAVIGATE THROUGH LIFE'S CHALLENGES

Support and guidance 24 / 7 - just in case you need it

With life always so busy, it can sometimes be hard to juggle everything that comes your way. Especially things that take you by surprise or hit you hard. And sometimes it's just nice to know you always have somewhere to turn that can help you - whatever your query. **So whether you need some guidance, information, or just a reassuring voice to talk to, your Wellbeing Hub has it all.**

Practical, impartial information

You can call 24/7 as many times as you like, for as many different things as you need - all in complete confidence on **0800 072 1425**. Visit online at www.axapphealthcare.co.uk/

or download the app (available on both iOS and Android). Simply search for "AXA PPP ProActive Health" to install, and follow the on screen instructions.

The Wellbeing hub consists of 3 key areas:

Life Management

Talk through your concerns, as they provide possible approaches to help you progress situations on topics such as:

- Consumer issues & rights
- Family care
- Financial support
- Education
- Legal issues
- Health rights
- Housing advice & rights.



Personal Support

A counsellor listens objectively and non-judgementally which means you can talk about whatever is on your mind and help make better sense of a situation. Talk in confidence on a wide range of issues including:

- Relationships
- Family matters
- Financial worries
- Bereavement
- Stress or anxiety
- Work-life balance.



Health at Hand

The team of qualified nurses can help 24 / 7 with a variety of health and medical topics including:

- **Family** - E.g., pregnancy, child behavioural issues, separation and divorce
- **Healthy Living** - E.g., sports injuries, drinking and smoking, skin care, complementary medicines
- **Men's Health** - E.g., prostate issues, testicular cancer, sexual issues, fertility
- **Women's Health** - E.g., fertility, menopause & HRT, hysterectomy, cervical cancer.



This service is available 24/7 and you can call as many times as you need, for as many queries you may have. After all, it's good to know you have a support mechanism in place - should you ever need it.

Find out more and login today

0800 072 1425

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Search for "AXA PPP ProActive Health"

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