


# Take control with MetLife's Wellbeing Hub

MetLife's Wellbeing Hub can help you feel in control, whether it's affecting you directly or a loved one in your household<sup>1</sup>, who are also able to access the service for free.

## How to access wellbeing support:



**Call our 24/7 confidential<sup>2</sup> support line: 0800 389 0285**






Download the 'My Healthy Advantage' app from the App store or Google Play store




**Visit the online portal at [healthassuredeap.co.uk](http://healthassuredeap.co.uk) Username - Wellbeing Password - Hub**  
Register your details and enter this unique code to access the app and the online Health Risk Assessment:

## The services cover the three core areas of wellbeing. You can get confidential<sup>2</sup> help with:

1 Financial Wellbeing	2 Mental Wellbeing	3 Physical Wellbeing
<p>Legal advisers can provide information on a range of financial issues, including:</p> <ul style="list-style-type: none"> <li>• Debt</li> <li>• Pensions</li> <li>• Living on reduced income</li> <li>• Budget calculators</li> <li>• Tax information</li> <li>• Retirement</li> </ul> 	<p>You can speak to a qualified counsellor to help with issues such as:</p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Keeping children safe</li> <li>• Bereavement</li> <li>• Anxiety and panic attacks</li> <li>• Stress</li> <li>• Relationships</li> </ul> 	<p>As well as keeping fit and healthy, you can speak with Nursing and Midwifery Council registered nurses.<sup>3</sup> They can help with:</p> <ul style="list-style-type: none"> <li>• Heart health</li> <li>• Giving up smoking</li> <li>• Exercise</li> <li>• Eating well</li> <li>• Travel advice</li> <li>• Terminal illness</li> <li>• Reducing alcohol intake</li> </ul> 

1. Members of your family in your household means the spouse or partner and any brother, sister, parent, legal dependents (except children under the age of 16) who are living in the same household as the employee; and any children or legal dependents of an employee who do not live in the employee's household and are aged 16 to 21, living in the UK and are in full-time education up to the age of 21. 2. Neither the fact that you have used the service or the content of any contact will be divulged to your employer or anyone else outside Health Assured Limited, usage statistics may be offered in way of management information reports but only in circumstances where there are no identifiable characteristics. The only circumstances in which information may be disclosed are: a) If you provide explicit consent. b) Health Assured Limited is ordered by a court of law to disclose information. c) The nature of your problem is such that the counsellor has reasonable grounds for believing that there may be a risk of harm to yourself or someone else d) Where deemed appropriate by the telephone counsellor. 3. Nurses are unable to provide diagnosis of symptoms or prescribe medication, however can offer information on conditions and advise of the appropriate clinical pathway and support channels.

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