



For the moment
you need *support*

Take control with our Wellbeing Hub

In today's busy world, finding the right kind of wellbeing support and services that we need can be time consuming, not to mention expensive. MetLife's Wellbeing Hub gives you free access to a range of health and wellbeing services for both you and your household¹.

The services cover the three core areas of wellbeing. You can get confidential² help with:

1 | Financial Wellbeing

You can speak to advisers providing information on range of financial issues, including:

- Debt
- Pensions
- Living on reduced income
- Budget calculators
- Tax information
- Retirement

2 | Mental Wellbeing

You can speak to a qualified counsellor to help with issues such as:

- Depression
- Keeping children safe
- Bereavement
- Anxiety and panic attacks
- Stress
- Relationships

3 | Physical Wellbeing

As well as keeping fit and healthy, you can speak with Nursing and Midwifery Council registered nurses³. They can help with:

- Heart health
- Giving up smoking
- Exercise
- Eating well
- Travel advice
- Terminal illness
- Reducing alcohol intake



You have two ways to access your Wellbeing Hub:

1 | Simply scan the QR code and download the Wisdom app or go online at <https://wisdom.healthassured.org/>

2 | Alternatively, you can phone for support any time of day:

0800 389 0285

Access code:

For every moment, there's  **MetLife**

There are many services available to you including:



In the moment support

Counsellors are available 24/7, 365 days a year. We've made it as easy as possible for you to get the right advice when you need it the most. You are also able to access up to 10 structured counselling sessions per year per issue, where clinically appropriate.



Home Life Support

If you're having trouble balancing your budgets, debt, or civil disputes, we have expert advisers here to offer the support you need.



Mini Health Checks

How are you feeling today? Take a minute to check in with yourself by using the health checks to assess and support your health and mental wellbeing.




4-week Health Plans

Our 4-week plans are designed to support your health goals, whether that be eating healthier, quitting smoking, sleeping better, or coping with pressure.



Live Chat

The Live Chat feature allows you to contact a qualified wellbeing counsellor using live messaging and video calls.



Download the app today and take control of your wellbeing.

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.

www.metlife.co.uk

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