

Your wellbeing matters

Take control with MetLife's Wellbeing Hub



In today's busy world finding the right kind of support and services that we need can be time consuming, not to mention expensive.

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



To see how the Wellbeing Hub can help you take control of your wellbeing, visit healthassuredeap.co.uk

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



1. Financial Wellbeing

We know that 34% of employees are distracted at work due to financial worries.² Legal professionals can provide support on a range of financial issues, including:

- Debt
- Credit card consolidation
- Pensions
- Living on reduced income
- Managing your money



2. Mental Wellbeing

You can speak to a qualified counsellor³ and benefit from up to six face-to-face counselling sessions⁴ to help with issues such as:

- Depression
- Child support
- Bereavement
- Anxiety and panic attacks
- Stress
- Relationships

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. 2. MetLife UK Employee Benefit Trends Study, 2017. 3. 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, 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: 1. If you provide explicit consent. 2. Health Assured is ordered by a court of law to disclose information. 3. 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. 4. Where deemed appropriate by the telephone counsellor. 5. 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.



3. Physical Wellbeing

As well as keeping fit and healthy, we can help you with access to Nursing and Midwifery Council registered nurses.⁵ They can help with:

- Aches and pains
- Heart health
- Quit smoking
- Exercise and eating well
- Travel advice
- Terminal illness

How to access wellbeing support



Call Freephone
0800 389 0285



Download the Health e-hub
app from the App store
or Google Play
Username – **Wellbeing**
Password – **Hub**



Visit the online portal at
healthassuredeap.co.uk
Username – **Wellbeing**
Password – **Hub**

Complete your own Health Risk Assessment (HRA)

1

Login to the Wellbeing Hub

2

Register your details to
access the HRA using your
employer's unique code

3

You will need to use this code
once to set up your own user
name and password



Navigating life together

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