



Your wellbeing matters

Take control with MetLife's Wellbeing support centre.

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 support centre 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 access the Wellbeing support centre and see how it can help you and your family take control of your wellbeing, please refer to the details in your MetLife welcome pack.

Please note, the Wellbeing support centre is available for MultiProtect policies sold from 08 February 2018 onwards.

Navigating life together

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

1. Financial Wellbeing

When your finances feel out of control it can be overwhelming and stressful. Legal advisers 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 counsellor² to help with issues such as:

- Depression
- Child support
- 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 nurses.³ They can help with:

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

1. Members of your family in your household means the spouse or partner and any brother, sister, parent, legal dependants (except children under the age of 16) who are living in the same household as the policyholder; and any children or legal dependents of the policyholder who do not live in their household and are aged 18 to 21, living in the UK and are in full-time education. 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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metlife.co.uk/multiprotect

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