

## Introducing WeCare

**We're delighted to announce you now have access to a brand new support service, WeCare. It's a 24/7 online GP, mental health support service, get fit programme and more. All at no additional cost.**

Using your phone, tablet or desktop, you and your immediate family have 24/7 access to thousands of experts, all from the comfort of your own home. Whether you need counselling, want to quit smoking, or access a GP quickly, **WeCare** is here to help.

During an incredibly difficult time when leaving the house is not advised, **WeCare** can provide much needed support – from private prescriptions with an online GP to learning how to change your diet for the better.



### 24/7 GP

You and your immediate family can speak to a GP from the comfort of your own home. No doctors' surgeries or waiting for an appointment.



### Mental Health Support

Prevent burnout, tackle major life events or learn to deal with stress and anxiety. You get up to 10 sessions with a mental health professional.



### Get Fit Programme

Qualified nutritionists will support you with bespoke fitness programmes, ranging from diet and exercise plans to stopping smoking.



In association with

**Teladoc**  
HEALTH

## Key Features

### Health



#### GP Consultation

Speak to a GP over the phone from the comfort of your own home. 24/7, 365 days a year with no limitations on how often you call. It's also available for your immediate family.



#### Second Medical Opinion

Access to over 50,000 leading consultants worldwide. They offer expert second opinions on diagnoses and treatments for almost any condition.



#### Stop Smoking

It's not easy to quit smoking alone. A team of specialists will support you all the way – helping set goals and giving tips to beat your addiction.

### Mental Health



#### Mental Health Support

Anxiety, stress and depression are just a few health difficulties many of us suffer from. Get up to 10 therapy sessions to guide you in the right direction.



#### Burnout Prevention

Feeling overwhelmed? Addressing symptoms as early as possible is the best way to beat it. Get coping mechanisms and reduce stress with up to 10 specialist sessions.



#### Life Events Counselling

Whether you're suffering a bereavement, going through a divorce or you've had a traumatic experience – talking about it helps. Get up to 10 personalised sessions with an expert.

### Wellbeing



#### Healthy Diet

Healthy eating at work can be tough, especially when you're busy and lacking inspiration. **WeCare** makes it easier. Get custom diet plans, meal ideas or even speak with a nutritionist.



#### Get Fit Programme

Join a specialist four or eight week get fit programme. You'll get a structured meal plan, exercise regime and access to a nutritionist for any questions.



#### Diet Support

Want to improve your diet but don't know how? A professional nutritionist will arrange a personalised weekly diet plan, plus top tips on staying healthy when eating out.

## Benefits

- 1 You can start putting your health first** – both physical and emotional
- 2 Instant access from the comfort of your own home** – the average wait for a physical GP is over 2 weeks<sup>1</sup>
- 3 It's free to use**
- 4 You and your immediate family have unlimited usage<sup>2</sup>**
- 5 Available 24/7, 365 days a year**

## How to access



- 1** Download the '**WeCare Programme**' app from the App Store or Google Play. Or head to **wecare-cl.com**.



- 2** Create a profile and enter your activation code:

<sup>1</sup> <https://www.activequote.com/articles/average-wait-to-see-gp-passes-two-weeks-for-first-time/> <sup>2</sup> Immediate family includes any spouse, partner, parent or sibling living in the same household; any legal dependant under the age of 21 and in full time education; or any other legal dependant who is dependent on the member because of disability, the member because of disability.

