

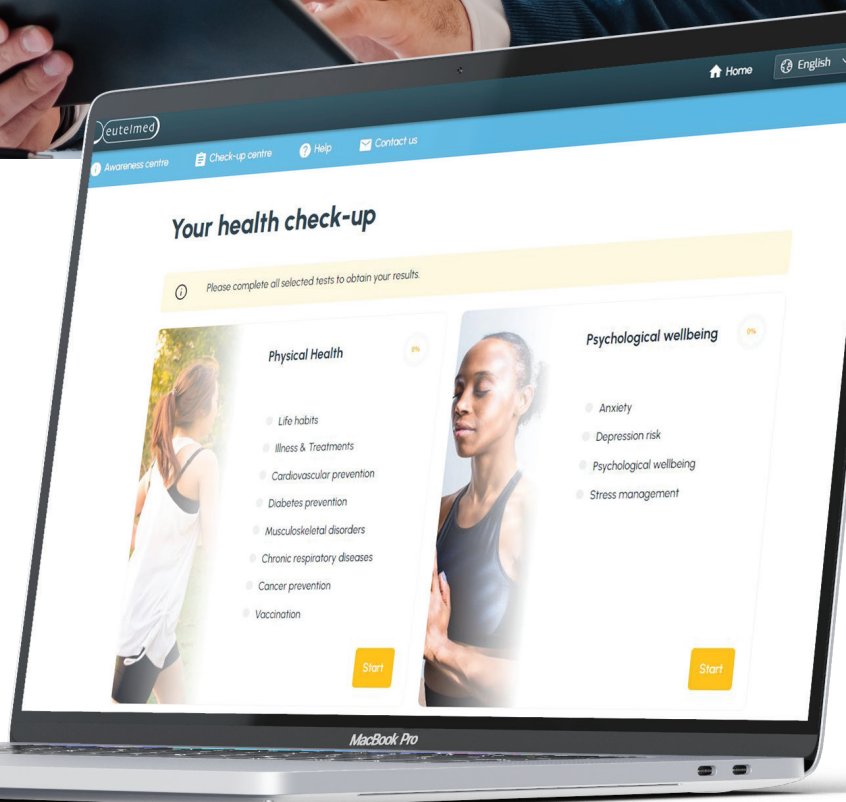
# Emotional Wellbeing Support



Taking care of you. Make your health and wellbeing a priority!

**Our Digital Medical Check-up Tool is designed to help you assess your overall health, identify any risks and suggest preventive care. It's fast, free and anonymous.**

We've made it easy. Take a personal health assessment by answering some simple questions about your health in our online questionnaire. You will receive a personal health report that will help you to:



Get an overview of your current health and wellbeing status



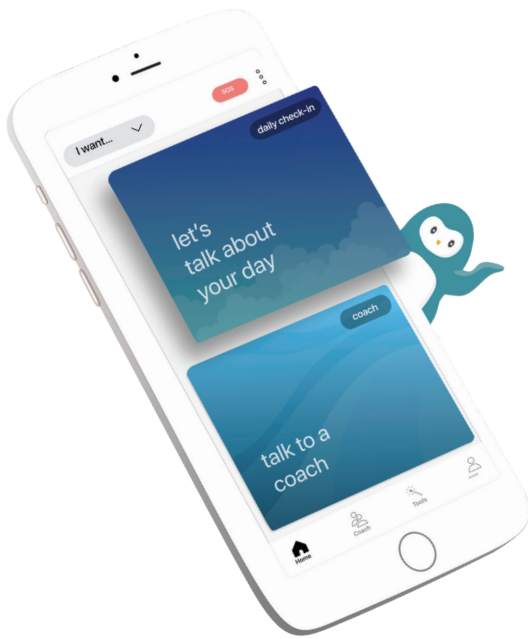
Identify main risks before they become issues






Take advantage of preventive care recommendations so you can start making simple changes to improve your health

You can access our Digital Medical Check-up via the Health and Wellness Hub on our MyHealth App or portal.

Need to chat? Wysa, your chat bot buddy, is here to support you, whether you are happy or sad, healthy, or just feeling under the weather.



#### Explore our free Wysa mind coaching app:

-  You have 24/7 access to Wysa – your chat bot buddy, giving you a safe and anonymous space to talk and be heard.
-  You have access to 150+ self-help tools and exercises to help you develop mental strength and resilience.
-  You can also chat with a professional human coach when you want a more personal touch.

#### To get started, just follow these steps:

- 1** Login into MyHealth App or portal
- 2** Click on “Health Assistant” and then go to our Health and Wellness Hub
- 3** Scan the QR code

## Looking for professional counselling advice?

Your Expat Assistance Programme (EAP) is a professional counselling service available through , face to face, phone or video. This confidential counselling service offers multilingual support on a wide range of challenges you may face at one point or another, including:



Work-life balance, relationships, family/parenting



Stress, depression, anxiety, isolation & loneliness, addiction concerns



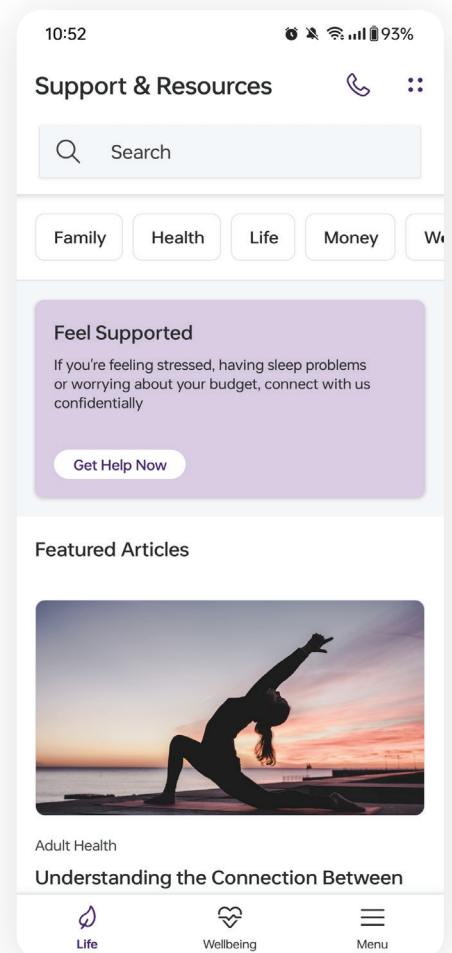
Workplace challenges, cultural shock, cross-cultural transition, legal and financial support and advice

 **TELUS® Health One**



**Access your EAP via the Health and Wellness Hub on our MyHealth App. Once there, simply click on Telus Health One.**

All calls are answered in either English or French, via the TELUS Health call centre, in Canada and this is not a free number (+1-905-886-3605).



The Services included in this flyer, which may be included in your plan, are provided by third party providers outside the Allianz Group. If included in your plan, they will show in your Table of Benefits. These services are made available to you subject to your acceptance of the terms and conditions of your policy and the terms and conditions of the third parties and may be subject to geographical restrictions. These services do not provide medical or health advice and the wellness resources are for informational purposes only and shouldn't be regarded as a substitute for professional advice (medical, physical or psychological). They are also not a substitute for the diagnosis, treatment, assessment or care that you may need from your own doctor. Always seek the advice of your doctor before beginning any new treatment or if you have any questions about a medical condition. You understand and agree that AWP Health & Life SA (Irish Branch) , AWP Health & Life Services Limited and their administrators and reinsurers are not responsible or liable for any claim, loss or damage, directly or indirectly resulting from your use of the service from the third party provider.

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