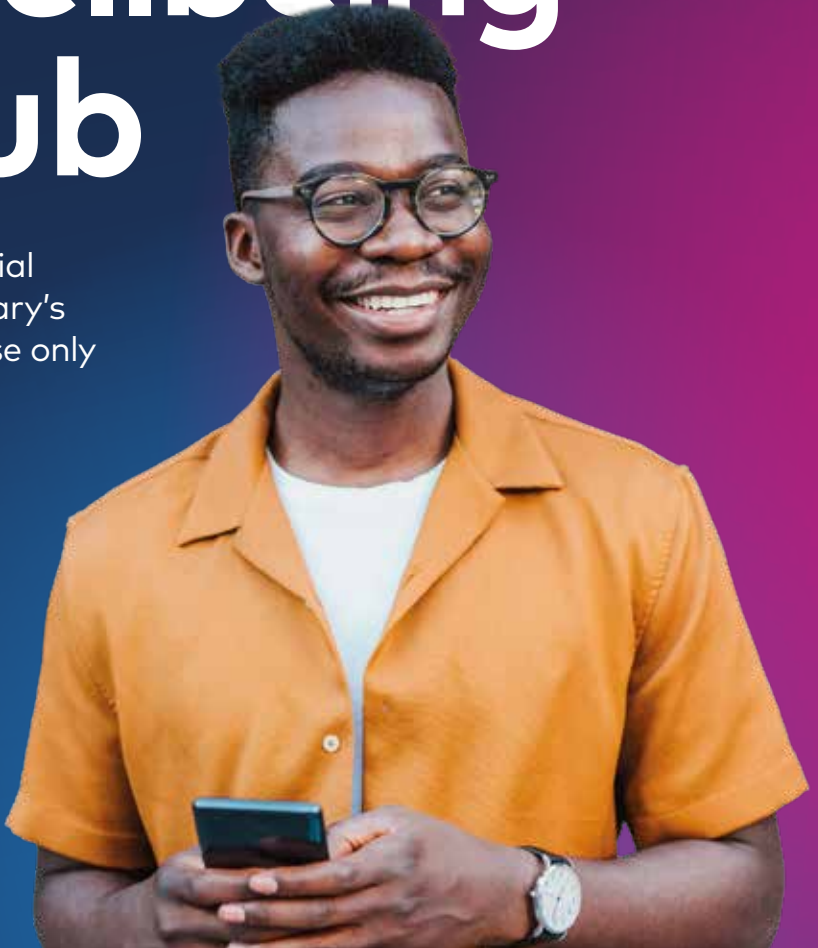




The Benenden Health

# App and Wellbeing Hub

For financial intermediary's internal use only

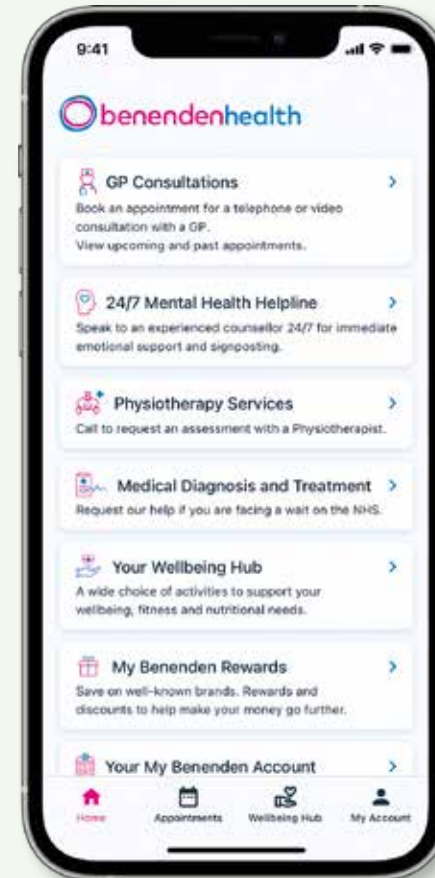


# The Benenden Health App

With the Benenden Health App, employees get a world of wellbeing at their fingertips.



Employees can access 24/7 GP services, tap into membership benefits on the go and browse a library of content for health and fitness inspiration.



Access our **24/7 GP Helpline**

Request support through our **24/7 Mental Health Helpline**

Click-to-call to request **private Diagnosis, Treatment and Physiotherapy**

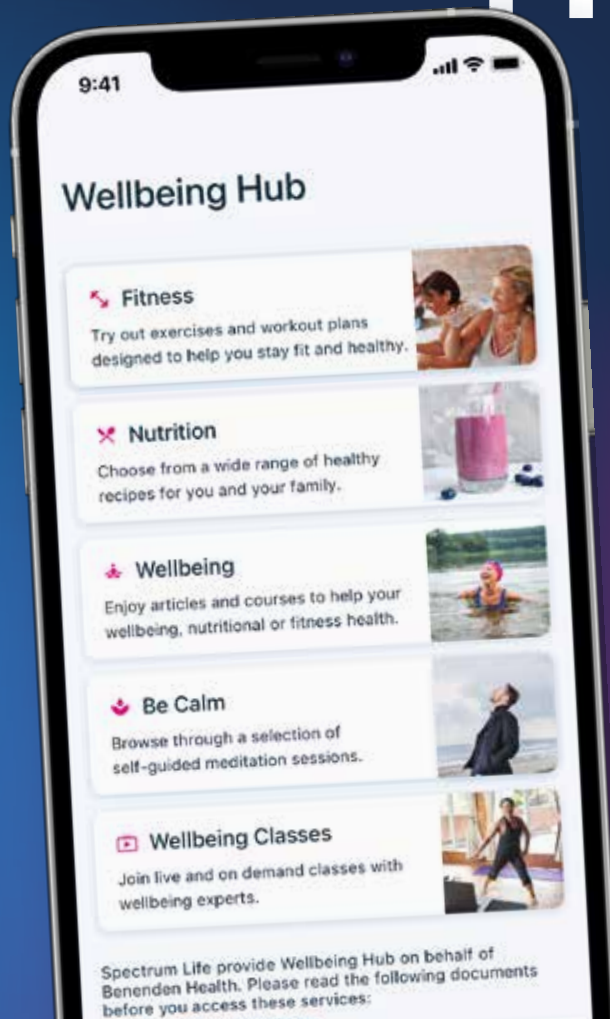
Access **member rewards and discounts**

**Menopause support**, with a range of helpful information, videos and courses to support you at every stage of the menopause

Use the **Wellbeing Hub** to access a wide-ranging choice of articles, videos and recordings to support mental wellbeing, fitness and nutritional needs



# The Wellbeing Hub



Think of it as a portable wellness library, giving employees immediate access to:

## Fitness

Access to more than 15 exercise programs and 200+ regularly updated exercise videos to support your fitness and wellbeing

## Nutrition

Access to over 200 video recipes for them and their families to try out

## Wellbeing

Over 20 eLearning programmes covering sleep, nutrition, mental wellness and movement to support their wellbeing, fitness and nutritional needs

## Be Calm

A selection of self-guided meditation sessions to help manage stress levels

# Membership benefits

Here's a little reminder of our healthcare benefits, **all available for only £15.50 per employee, per month.**



24/7 GP Helpline



Online face-to-face GP video consultations



**Diagnostics** – when there's over a three week wait on the NHS



**Treatment and Surgery** – when there's over a five week wait on the NHS



Care Planning and Social Care Advice



Cancer Support



Private Prescriptions<sup>^</sup>



24/7 Mental Health Helpline



Benenden Health App and Wellbeing Hub



Discounts on Benenden Health Assessments and Cash Plans



Mental Health Support



Physiotherapy



A wide range of discounts on shopping and health and wellbeing products



Our award-winning health and wellbeing magazine **Be Healthy**

<sup>^</sup>Our GPs can only issue private prescriptions so state funding or NHS exemptions do not apply. They are private prescriptions and separate charges apply for the cost of medication and delivery which you'll pay directly to the pharmacy. We're unable to provide prescriptions outside of the UK.

## If you have any questions, please get in touch



**0800 414 8020**



**broker.support@benenden.co.uk**

The price of membership is reviewed annually and the benefits periodically.

Benenden Health is a trading name of The Benenden Healthcare Society Limited. Healthcare for Business is provided by The Benenden Healthcare Society Limited which is an incorporated Friendly Society, registered under the Friendly Societies Act 1992, registered number 480F. The Society's contractual business (the provision of tuberculosis benefit) is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority, FRN 205351. The remainder of the Society's business is undertaken on a discretionary basis. Registered Office: Holgate Park Drive, YO26 4GG.

For information on Benenden Health's use and processing of member data, as well as information about member rights, please refer to our Privacy Policy which can be found at [www.benenden.co.uk/privacy-policy](http://www.benenden.co.uk/privacy-policy) or can be requested by calling us. Information is correct as of January 2024.

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