



Canada Life

WeCare[♥]

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 weeks¹
- 3 It's free to use**
- 4 You and your immediate family have unlimited usage²**
- 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:

CAN06052-261509

¹ <https://www.activequote.com/articles/average-wait-to-see-gp/passes-two-weeks-for-first-time/> ² 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.

Our forms are available to download from our website: www.canadalife.co.uk/group | Canada Life Limited, 3 Rivergate, Temple Quay, Bristol BS1 6ER. Telephone 0345 223 8000
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