

# 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.

## 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
- 3 Its free to use**
- 4 You and your immediate family have unlimited usage**
- 5 Available 24/7, 365 days a year**

## 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 to 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.



### 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**

**Need help?**

**Get in touch with WeCare on 0208 068 0035.**