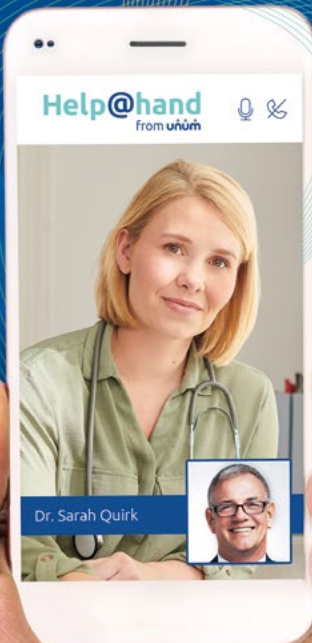


Help@hand

from unum

Help@hand gives you and your family* access to **four key support services** which are combined and accessed via one app.



Remote GP

Unlimited access to a UK-based remote GP
24/7, 365 days a year

Second opinion

Two consultations per year with a specialist,
following a diagnosis from a treating doctor

Mental health support

Up to eight consultations (including initial
assessments) per year with an assigned
therapist throughout

Physiotherapy

Up to eight consultations (including initial
assessments) per year with an assigned
physiotherapist throughout

* Partners can access all four services. Children are eligible up to the age of 18 (or 23 if in full-time education) and can access the Remote GP and Second opinion services only. Talk to your HR representative for details.



How to get started:

1. Download the Help@hand app from the App Store or Google Play
2. Enter the username and password found in your invitation email, and log in
3. Read and accept the terms and conditions
4. Enter your details, and add your family members (if applicable)

You're now ready to access the Help@hand services



Download the Help@hand app
for iOS or Android through the
App Store or Google Play



Search 'Help@hand'

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