



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.

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

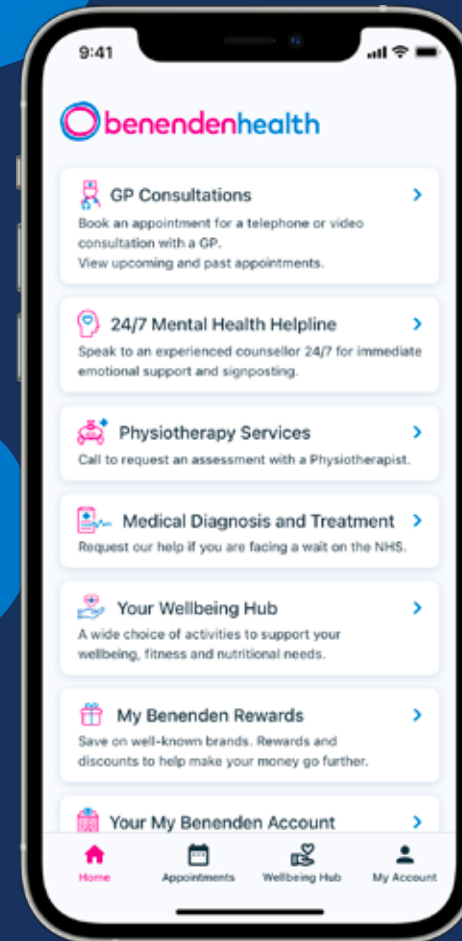


Request support through our **24/7 Mental Health Helpline**

Access our **24/7 GP Helpline**

Click-to-call to request **private diagnosis, treatment and physiotherapy**

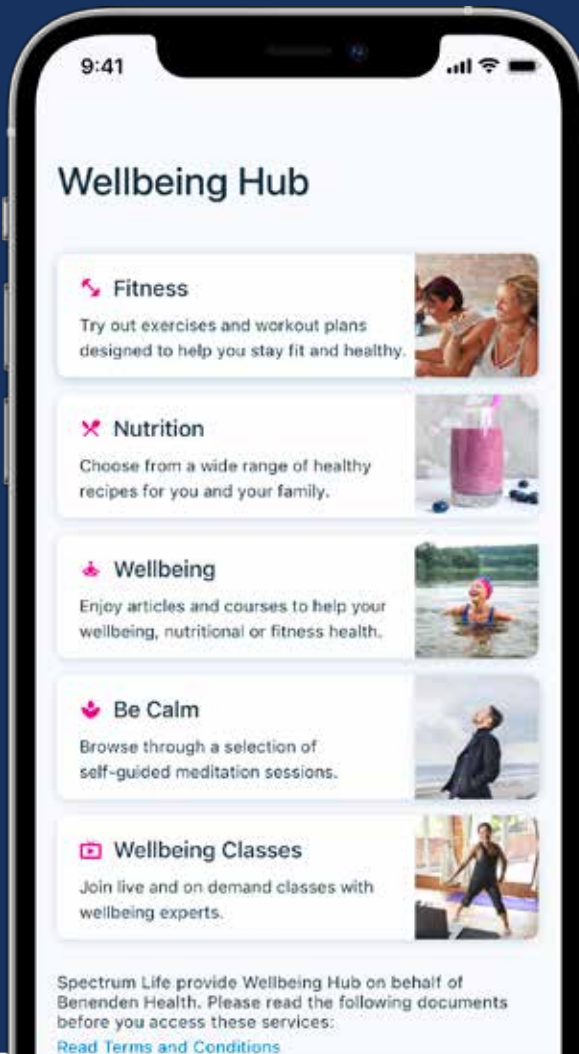
Access **member rewards and discounts**



Employees can **update** their personal details

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

More than 15 exercise programmes and 200+ exercise videos to help them stay fit and healthy

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 £12.80 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



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 holidays, shopping and health and wellbeing products



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

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 or can be requested by calling us.

Information is correct as of December 2022.

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