



With your health cash plan

Your **24/7 free and confidential helpline** with Health Assured offers practical information and emotional support for*:

- **Solution** Financial worries
- Zifestyle issues
- Family and children
 - And much more
- **Oracle Bereavement**
- Gambling and/or debt
- Legal advice

Call 0800 028 1963 and quote your company name.



Download our mobile app

Search 'Breeze: Health & Wellbeing' in your app store to access all your member health benefits on the go.



My Employee Assistance Programme is provided on behalf of Health Shield by Health Assured. The helpline is available to you, your partner and dependents over the age of 16 (if covered)[†]. *. Sometimes appropriate support may lay outside of the 24/7 counselling services provided [†]. Check your Health Cash Plan terms and conditions 187 MFH 06-23 V1.0