



You're not alone

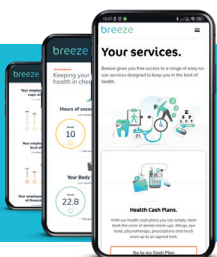
With your health cash plan

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

- ✔ **Stress, anxiety and depression**
- ✔ **Family issues**
- ✔ **Finances and debt management**
- ✔ **Medical information**
- ✔ **Feelings of isolation**
- ✔ **Legal advice**

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