

You're V hot 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 And much more
- Medical information
- Feelings of isolation
- Legal advice

Call 1800 936 071 and quote your company name and 'Health Shield'.



Download our <u>mo</u>bile 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