

# Smart Health

Make Smart Health Choices

**Unlimited** access to a 24/7 GP as well as a range of other health and wellbeing experts.

To access Smart Health, your employees will need your scheme code to create an account. The Smart Health website is suitable for desktop, tablets and smartphones. Here, your employees can access:

**24/7 GP**

**A second medical opinion service**

**Mental health support**

**A health check**

**Nutrition consultations**

**An online fitness programme**

The app allows your employees access to a 24/7 GP on the go. It is available for iOS and Android - via the App Store or Google Play. To get started, they'll need to open the app, create a profile and enter their details (including the scheme code). They're now ready to start using the Smart Health app.

## Helping your employees control their future with Smart Health

Employees will have **unlimited access** to the six Smart Health services.

It is available to them **24 hours a day, 365 days** a year at no additional cost.

All services are available to your employees and their **immediate families**, including children up to the age of 21.

**Download the app today to get started**



Employees need to head to [www.aiglife-smarthealth.com](http://www.aiglife-smarthealth.com) to get started



## 24/7 virtual GP

Managing our health doesn't always fit in to the 9-5 - we know. That's why when your employees need a medical appointment, the Smart Health service provides them with unlimited, round the clock access to a GP.

Bookable on the app, they can get a 30 minute slot at a time that suits them - wherever they are in the world. Whether it's over the phone or via video call, the team are on hand for medical advice, prescriptions or further specialist referral.



## Second medical opinion service

We're bringing your employees and their families closer to our network of 50,000+ medical specialists with an expert second medical opinion service.

If they need a second opinion on a complex medical case or if they're struggling to get a diagnosis, world-leading experts will be on hand to assess their case and provide recommendations for treatment on a wide variety of conditions.

Giving you and your family  
**24/7, 365, unlimited access**  
to health and wellbeing experts at  
no extra cost - **wherever you**  
**are in the world.**



## Mental health support

With Smart Health, a GP (available 24/7) will be on hand to arrange the most suitable professional to get in touch. They'll talk to your employees to get to the bottom of their condition and then recommend the right support.

Whether it's to help them cope with stress, anxiety, trauma, depression or a recent bereavement, the service is there to help them or one of their family members when they need it.



## Health check

The Smart Health online questionnaire supports your employees in taking proactive steps to manage their health and lifestyle. They can also discover more about their cardiovascular profile or any screening programmes that may suit them.

They'll also get a personalised report, containing tips for improving medical conditions and nutrition, as well as forming healthy habits for the future.



## Nutrition consultation

Our nutritionist consultation service can help answer your employees' questions either over the phone or online. A team of specialist nutritionists are on hand to give advice on weight loss, fertility and pregnancy, food intolerances and much more.

Their expert advice and knowledge will provide employees with a personalised plan, including meal plans and weekly menus, all to support them in reaching your nutritional goals.



## Fitness programme

Smart Health's tailored online programme, designed by sports scientists and nutrition experts, is an ideal solution to support your employees' health and fitness goals through a combination of diet and exercise.

Whether training for an event or just wanting to lose weight, they'll get a weekly menu and a daily exercise routine that is designed just for them.

You'll need to complete a secure, one-time ID check before you can use certain elements of Smart Health for the first time. When you need to interact with GPs or other medical professionals whilst using the service, you'll be sent a simple, quick and easy process to follow - all in line with Care Quality Commission guidelines.