



# SmartHealth

Round-the-clock support  
for you and your family



## Getting the right treatment for you

If you're not 100% sure on your diagnosis or treatment plan, our world-leading experts are here. They'll assess your case and provide recommendations for treatment, whatever your condition might be.



## See a GP when it suits you

Our team of UK based GPs are on hand for things like medical advice, prescriptions or specialist referrals.

Managing your health doesn't always fit in to the 9-5. When you need a medical appointment, you've unlimited, round-the-clock access to a doctor.



## Talk to an expert about your mental health

If you or your family need someone to talk to, our team of qualified Mental Health experts are on hand for confidential support. They'll get you the specialist support you need, anything from coping with stress, anxiety, trauma, depression to dealing with a recent bereavement.



24/7 UNLIMITED ACCESS

ANYTIME, ANYWHERE



## Get fit and eat well

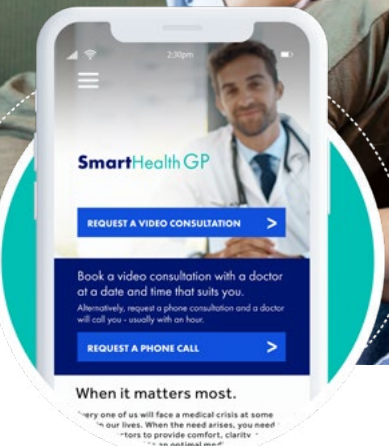
Physical and mental wellbeing are equally important – we know that. But putting off the gym and ordering a takeaway are easier than we'd like. So Smart Health offers you bespoke fitness and nutrition plans to make life a little easier.



## Get your health checked

We don't know what we don't know and understanding our own health is no exception. So getting things checked is the perfect place to start. Take advantage of the expert advice on offer and see how you could bring some healthy habits in to everyday life. Our quick questionnaire will give you your personalised recommendations.

# Free to use for you and your family



## The perfect blend of services to help manage your health and wellbeing.

### Is Smart Health secure?

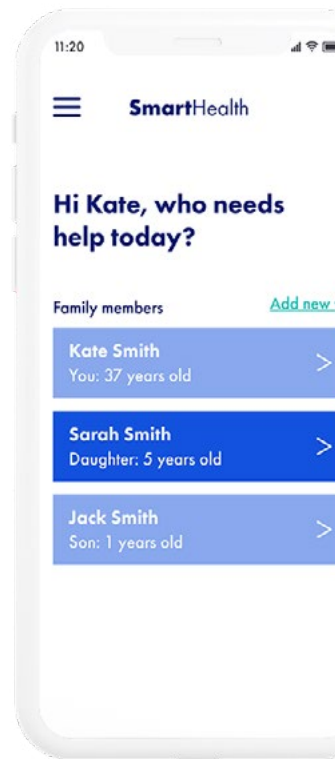
It's completely confidential. Before you can use parts of it for the first time, you'll need to complete a secure, one-time ID check – so make sure you've got a passport or driving licence to hand.

### Who can benefit from Smart Health?

It's available to you, your partner and any children up to age 21. In fact, 20% of all appointments are for our policyholders' children.\*

### How will this impact my policy?

It won't – there's no impact on your premiums and it's free to use as many times as you need. We'll never see the details of what you've discussed in your medical appointments.



### Get started

All six services are available on the app and the website – whatever works best for you. You'll be able to see your personal information, upcoming appointments and any notes from your sessions.

Register ready for when you need it – you'll need your policy number to hand.

Visit the website

[aiglife-smarthealth.com](https://aiglife-smarthealth.com)



Download the app



Give us a call

**0345 600 6829**



\*Teladoc data, February 2022

Smart Health is provided to AIG Life Limited customers by Teladoc Health. We want to let you know that these services are non-contractual, which means they don't form part of the insurance contract with us. If our partnership with Teladoc Health ends, these services could be changed or withdrawn in the future.

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