

# 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, you will need your scheme code - speak to your employer to get this. The Smart Health website is suitable for desktop, tablets and smartphones. Here, you 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 you 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 open the app, create a profile and enter your details (including the scheme code). You're now ready to start using the Smart Health app.

## Helping you keep control of your future with Smart Health

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

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

All services are available  
to you and your  
**immediate family,**  
including children up to  
the age of 21.

**Download the app today to get started**



To find out more about Smart Health visit [www.aiglife-smarthealth.com](http://www.aiglife-smarthealth.com) or call **020 3499 0167**



## 24/7 virtual GP

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

Bookable on the app, you can get a 30 minute slot at a time that suits you - wherever you 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 you and your family closer to our network of 50,000+ medical specialists with an expert second medical opinion service.

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

Giving your 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 you to get to the bottom of your condition and then recommend the right support.

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



## Health check

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

You'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 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 give you a personalised plan, including meal plans and weekly menus, all to support you 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 health and fitness goals through a combination of diet and exercise.

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

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.