Health Assured provide access to a Bereavement support service.

**Services Available**

Health Assured offers cover for you and your immediate dependants\*, 24 hours a day, 7 days a week, 365 days a year:

* Bereavement support: Health Assured offers qualified and experienced counsellors who can help with grief and related stress plus a team of legal advisors to help with legal issues, such as probate.
* Medical information: Qualified nurses are on hand to offer advice on a range of medical or health related issues. They can’t diagnose but can offer a sympathetic ear and practical information and advice.
* CBT online: We recognise the value of self-help tools in dealing with a range of issues, which is why we have a range of CBT self-help modules, informative factsheets and invaluable advice videos from leading qualified counsellors.

*\*Health Assured define dependants as immediate family members (spouse/partners) and children aged 16 to 24 in full time education, living in the same household.*

**Wellbeing Portal**

In addition to the counselling support and advice, we also offer a virtual library of wellbeing information. These informative articles and self-help guides provide support on a range of health and advisory issues, as well as instant guidance to aid of an employee’s physical and mental health.

We understand that the information needs to be available in a way that is suitable for you, whenever you require it. From simple lifestyle changes to advice for many of life's most common concerns, the portal offers:

* Interactive health assessment providing personal tailor-made dietary tips and fitness plans
* Fitness and lifestyle advice, such as detoxing methods
* Four week self-help programmes
* Mini health checks
* Financial wellbeing articles

**Health e-Hub Mobile App**

Sometimes it can be difficult to balance the pressures of work with the demands of home life. When daily life feels overwhelming you need help and support to deal with the practical and emotional challenges you may be facing. The free Health Assured app offers access to holistic health and wellbeing support at the tap of a finger anywhere and anytime.

* Support videos and webinars
* Four-week programmes
* Home life support and advice
* Work life assistance
* Physical and emotional health
* Mini health checks
* Life Support
* Emotional Health
* Physical Health
* Wellbeing videos and webinars
* Medical information

To find out more information on what services Health Assured can provide, please visit [**www.healthassuredeap.com**](http://www.healthassuredeap.com) or contact **0800 023 2296.**

To gain access to the Health and Well-being Portal you will require the below login credentials:

**Username**:

**Password**: