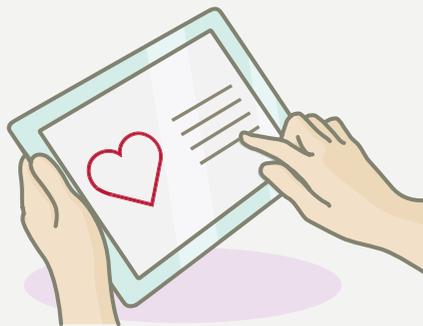


Introducing WeCare

For employers

We're delighted to offer you and your employees access to our new support service, WeCare.

WeCare looks after your employees' wellbeing with a 24/7 UK-based online GP, mental health counselling, a get fit programme, legal and financial guidance, plus much more. Using their phone, tablet or desktop, employees and their families have 24/7 access to thousands of experts, all from the comfort of their own home.



What are the benefits?



24/7 GP

Employees and their immediate family can speak to a UK-based GP from the comfort of their own home. No doctors' surgeries or waiting for an appointment.



Get Fit Programme

Qualified nutritionists will support employees with bespoke fitness programmes, ranging from diet and exercise plans to stopping smoking.



Mental Health Support

Prevent burnout, tackle major life events or learn to deal with stress and anxiety. Employees get up to 10 sessions with a mental health professional.



Financial and legal support

Over-the-phone support on issues ranging from how to budget more effectively and reduce bills to dealing with a divorce.



Who can access WeCare?

WeCare is available if you have a Group Income Protection or any CLASS policy with us.

It's free to use for:

- All UK-based employees, whether insured or not
- Employees' immediate family members*

*Includes any spouse, partner, parent or sibling living in the same household; any legal dependant under the age of 21 and in full time education; or any other legal dependant who is dependent on the member because of disability.

Key Features



Health



GP Consultation

24/7 access to a UK-based GP, via video or phone call, with no usage limitations. Employees can even get private prescriptions delivered to their door.



Second Medical Opinion

Get a second opinion on almost any diagnosis, from one of 50,000 leading consultants worldwide.



Stop Smoking

On-going support and tips from a team of specialists to help quit smoking.

Mental health¹



Mental Health Support

Qualified mental health counsellors provide therapy to guide employees in the right direction. They specialise in anxiety, stress and depression.



Burnout Prevention

A counsellor will work to address the symptoms of burnout before it becomes overwhelming.



Life Events Counselling

Employees will receive personalised counselling sessions to help them when suffering after a traumatic experience.

Wellbeing and healthy living



Healthy Diet

Hints and tips on how to improve your diet. From work lunches to inspired mid-week meals.



Get Fit Programme

Access to a custom four or eight week get fit programme, with a structured exercise and diet plan.



Diet Support

Receive guidance from a professional nutritionist, who will arrange a weekly diet plan, plus top tips when eating out.

Financial and legal support



Financial

Guidance from a specialist on a range of issues, from budgeting tips and financial education to making the most out of work benefits.



Legal

Legal experts will help simplify a range of legal issues from property law to consumer disputes.

¹ All employees and their immediate family members receive up to 10 personalised counselling sessions, per issue experienced.



Benefits



1 Boost recruitment and retention

78% say benefits package is important factor when choosing a job²

94% say better employee benefits will improve retention³

2 Phone based GP services on the rise

47% of us would rather use a phone-based GP⁴

3 Keep your employees fit, healthy and productive

up to 85% of productivity is lost from poor health⁵

1 All employees and their immediate family members receive up to 10 personalised counselling sessions, per issue experienced.

2 <https://employeebenefits.co.uk/statistics-show-the-importance-of-employee-benefits/>

3 <https://www.recruitment-international.co.uk/blog/2019/04/94-percent-say-better-employee-benefits-will-improve-retention-research-finds>

4 <https://www.pulsetoday.co.uk/news/technology/patients-prefer-phone-consultations-over-face-to-face-appointments-finds-survey/>

5 <https://www.hrdiver.com/news/poor-mental-physical-health-carry-significant-risk-for-productivity-loss/556689/>

How do employees access WeCare?

Employees just need to follow a few simple steps:

- 1 Download the 'WeCare Programme' app from the App Store or Google Play. Or head to wecare-cl.com.
- 2 Create a profile and enter your company's unique access code.



Your company's access code is your Canada Life scheme number. You can find this on your policy particulars or by asking your adviser. It should be a letter followed by a series of numbers.

Employees can also call **0208 068 0035** to access the WeCare services by phone.

Visit our website to download our WeCare guide and flyer for employees.

[Learn more](#)



For more information, speak with your financial adviser.

These services are non-contractual benefits provided through Canada Life and can be altered or withdrawn at any time.

Our forms are available to download from our website: www.canadalife.co.uk/group
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