

# Introducing WeCare

For advisers

**We're delighted to offer your clients access to our new support service, WeCare.**

WeCare looks after 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?

- All CLASS policies
- All Group Income Protection policies

### 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.

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### Second Medical Opinion

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

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### Stop Smoking

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

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## Mental health<sup>1</sup>



### Mental Health Support

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

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### Burnout Prevention

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

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### Life Events Counselling

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

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## Wellbeing and healthy living



### Healthy Diet

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

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### Get Fit Programme

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

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### Diet Support

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

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## 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.

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### Legal

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

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



# Benefits



## 1 Grow your portfolio

CLASS is one of the easiest ways to build up your portfolio. It's quick, easy and packed with exclusive features. Now with WeCare, you can give your clients even more benefits.

## 2 Improve client engagement

Giving your clients a well sought-after support service, at no additional cost, is a great way to revitalise a relationship.

## 3 Save your clients time and money

Your clients no longer need to find separate employee benefits (virtual GP, mental health support, nutritional support etc.), WeCare has it all in one place. They may also benefit from reduced absenteeism, by keeping their employees fit and healthy.



**For more information, speak with your account manager  
or give us a call on 0345 223 8000.**

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](http://www.canadalife.co.uk/group)  
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