

Introducing WeCare

For employers

We're delighted to offer you and your employees access to 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.



1 Immediate family 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.

2 There's a cost for any private prescriptions ordered through the WeCare 24/7 consultation.

3 For every issue experienced, employees and their immediate family receive an initial assessment. They'll then receive up to 10 sessions. Under 18s are entitled to one 90 minute session.

What are the benefits?



24/7 GP

Employees and their immediate family¹ can speak to a UK-based GP from the comfort of their own home. No doctors' surgeries or waiting for an appointment.²



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.³



Get Fit Programme

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



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 UK-based employees of a Canada Life Group Income Protection or CLASS policyholder, whether insured or not
- All UK-based employees who've selected Canada Life's Partner Life Insurance cover
- Immediate family members of eligible employees¹



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.²



Second Medical Opinion

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



Stop Smoking

Ongoing 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.

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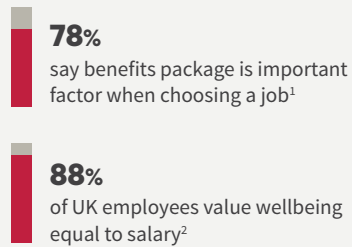
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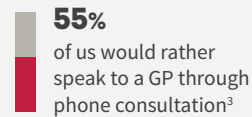
Benefits



1 Boost recruitment and retention



2 Phone based GP services on the rise



3 Keep your employees fit, healthy and productive

32.5 million working days lost in the UK due to poor physical and mental health⁴

1 <https://employeebenefits.co.uk/statistics-show-the-importance-of-employee-benefits/>
2 <https://www.talintinternational.com/88-of-uk-employees-value-wellbeing-equal-to-salary/>
3 <https://www.health.org.uk/news-and-comment/news/analysis-finds-10-of-patient-care-requests-indicate-a-preference-for-face-to-face-gp-consultation>
4 <https://www.hse.gov.uk/statistics/dayslost.htm>

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 First time users will need to complete a quick online ID check to ensure their safety.
- 3 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 **0800 917 9330** 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.

WeCare is a non-contractual benefit provided through Canada Life and can be altered or withdrawn at any time.

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