

New benefits
available from
November
2023.

HEALTH*Wise*

Feel better faster.

Your free health and
wellbeing benefits worth
up to **£1,070** per year.



FEEL BETTER FASTER WITH HEALTHWISE

HealthWise is an app that's designed to help keep you healthy and happy every day. As a member of The Exeter, you and your immediate family (spouse, partner or child) have access to a range of services that offer quick and convenient medical advice and treatment.¹

The services can be accessed from anywhere in the world through your smartphone or tablet, and using them will not affect your premiums.



Here's what HealthWise offers you in addition to your policy benefits:



REMOTE GP APPOINTMENTS

UNLIMITED CONSULTATIONS
PER YEAR



REGISTERED DIETITIAN CONSULTATIONS

UP TO **SIX** CONSULTATIONS
PER YEAR



LIFESTYLE AND NUTRITION CONSULTATIONS

UP TO **SIX** CONSULTATIONS
PER YEAR



NEW HEALTH MOTs

Keep on top of your health with a yearly health assessment through a pin prick blood test. This test checks 20 different markers to spot any problems early on. You will receive a report in the app with the findings.

One Health MOT per year for policyholders only.

¹ Remote GP appointments can be used by children if accompanied by their parent.

UNLIMITED REMOTE GP APPOINTMENTS

Book a video or telephone consultation with a UK-based GP who can issue prescriptions and make referrals to specialists if required.

THE SERVICE HAS MOST COMMONLY BEEN USED FOR:

MUSCULOSKELETAL CONDITIONS

- Back pain
- Arthritis

INFECTIONS & RESPIRATORY ILLNESSES

- Laryngitis
- Viral illness

SKIN CONDITIONS

- Impetigo
- Dermatitis



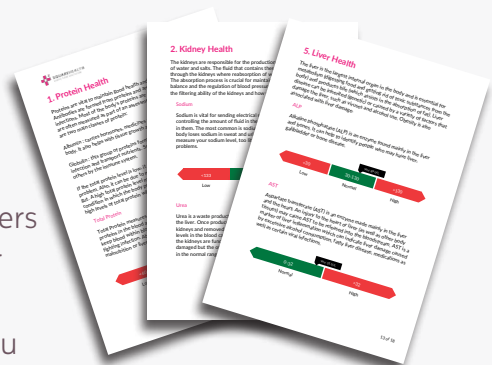
PRESCRIPTIONS

You can now order your private and NHS repeat prescriptions through HealthWise. There is no charge for this service. This service is available to members residing in England, but not Northern Ireland, Scotland and Wales.

HEALTH MOTs

You can access one health MOT per year.

This is a self-administered finger-prick test you can take in the comfort of your own home. This test checks 20 different health markers to spot problems early on. It covers issues like the risk of diabetes, cholesterol status and liver health. You will receive a personalised health report and recommended course of action in your app. If needed, you can then book a follow-up consultation with a GP through the app to discuss the results. This service is only available to policyholders and not members of your immediate family.



Providing you value in more than one way

Based on an average of six consultations per year, the Remote GP service could save you up to **£350** if you chose private treatment*. And the Health MOT service could save you **£120**. That's a combined saving of **£470** if you use both services.**

*Costs are based on Babylon Health's one-off consultation: <https://www.babylonhealth.com/pricing>

** Costs are based on the lower cost example provided in the Square Health analysis of the commercial market report August 2023.

REGISTERED DIETITIAN CONSULTATIONS

Receive one-to-one consultations with a HCPC registered dietitian who can help you improve your health and wellbeing, including working with special dietary needs due to health conditions such as coeliac disease.

OUR REGISTERED DIETITIANS HAVE HELPED SUPPORT MEMBERS WITH:

**CONFUSION
OVER DIET**

DIABETES

**GENERAL HEALTH
ADVICE**



A MEMBER'S EXPERIENCE

POLICY HELD: LIFE COVER

SERVICE USED: REGISTERED DIETITIAN CONSULTATIONS

“I am so grateful for the guidance I have received through HealthWise and know that the support is always there when I want to check in.”

At the age of 42 Fiona, an events manager and mum to twin girls, was diagnosed with Type 2 Diabetes.

Through her life cover membership, she had access to a HealthWise nutritionist and took the opportunity to talk to someone for guidance. “It has been a hard journey with lots of ups and downs, but I have learnt to live with my condition and am determined to manage it through a healthier lifestyle.”



Providing you value in more than one way

Registered dietitians can provide you with advice and support on managing health conditions through your diet.

With an allowance of six consultations per year, the service could save you **£300** if you chose private treatment*.

*Costs are based on the lower cost example provided on bidvine's website for private treatment:

<https://www.bidvine.com/nutritionist/price-guide>

LIFESTYLE AND NUTRITION CONSULTATIONS

Access lifestyle and nutrition coaching, which is designed to take a holistic view across a range of areas that can affect your health, wellbeing and happiness.

OUR NUTRITIONISTS HAVE HELPED MEMBERS WITH:

**STRESS
MANAGEMENT**

PREDIABETES

**A LACK OF MOTIVATION
TO EXERCISE**



Providing you value in more than one way

Getting the right balance can be difficult. A nutritionist can help create an effective plan for your lifestyle.

With an allowance of six consultations per year, the service could save you **£300** if you chose private treatment*.

*Costs are based on the lower cost example provided on bidvine's website for private treatment:

<https://www.bidvine.com/nutritionist/price-guide>

DON'T MISS OUT ON THE BENEFITS OF HEALTHWISE

These benefits are available in addition to your policy benefits.

If you used the full allocation of services, you could save around

£1,070 per year.

That's worth knowing about.

DOWNLOAD THE APP TODAY

HealthWise can be downloaded for free from the App Store or Google Play Store. Before getting started on the app, please call us on 0300 123 3256 to provide your email address and mobile number. These details are needed to access the services.

You can then use your policy details to register your HealthWise account, including:

- Policy number
- Surname
- Date of birth.

Once these details have been entered correctly, you will be prompted to generate a verification code, which will be sent via SMS to a phone number of your choice.

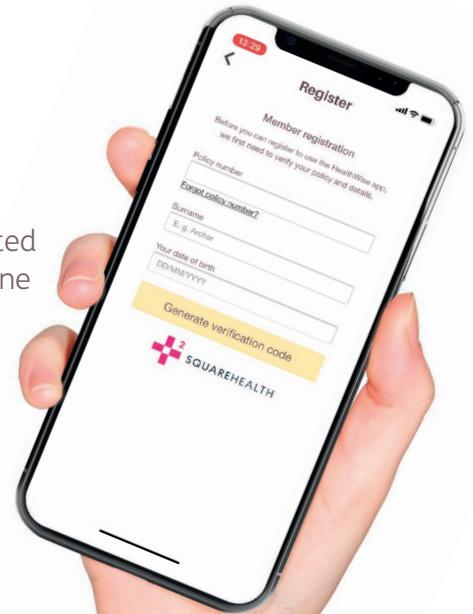
After your HealthWise account is verified, you will be provided with a unique username and will be asked to create a password.

Your **username and password** are the details required to login and use the services provided via the app.

Services available

Weekdays 8am-7pm GMT. Saturday 9am-1pm GMT (GP on demand only)

Excluding Bank Holidays



MEMBERS RATE HEALTHWISE SERVICES

We asked members to rate the services out of five.

4.5

REMOTE GP



4.9

LIFESTYLE AND NUTRITION



Ratings are from 2022 data.



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You matter more.

HealthWise and all member benefits provided by The Exeter don't form part of the policy terms and may be varied or withdrawn, without notice, by us.

The independent regulator of health and social care in England, the Care Quality Commission ("CQC"), has found that the services delivered by Square Health are safe, effective, caring, responsive and well-led. The full report can be found at www.cqc.org.uk



The legal blurb

The Exeter is a trading name of Exeter Friendly Society Limited, which is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Register number 205309) and is incorporated under the Friendly Societies Act 1992 Register No. 91F with its registered office at Lakeside House, Emperor Way, Exeter, England EX1 3FD.