

For life cover members only

# HEALTH*Wise*

The smart way to take care of yourself



You matter more.

As a member of The Exeter, you and your family have access to the HealthWise app, our member benefits service.

HealthWise is designed to help keep you healthy and happy every day. The app offers quick and convenient medical advice and treatments that can be accessed from anywhere in the world through our HealthWise app on your smartphone or tablet.

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



### **GP on demand** *(up to 4 consultations each year)*

With demand for GP appointments rising and the number of NHS GPs falling, it comes as little surprise that many people have to wait weeks to be seen.

HealthWise takes this wait away, by allowing you to book phone or video consultations via the app with experienced, UK-based GPs without leaving home, or from anywhere in the world.

#### **GP on demand can:**

- Offer clinical advice and guidance
- Issue a prescription if required
- Recommend further treatment



### **Second medical opinion** *(up to 2 consultations each year)*

Sometimes we all need a second opinion to help make a difficult decision. You can use HealthWise to access our second opinion service, where a diagnosis can be assessed and analysed by a second expert pair of eyes. It could provide a different treatment option, or just valuable reassurance.





### **Lifestyle coaching** *(up to 6 consultations each year)*

With HealthWise, you can access lifestyle coaching, which is designed to take a holistic view across a range of areas that can affect your health, wellbeing and happiness. Lifestyle coaching is designed to tackle any problems that exist and deliver long-term and sustainable improvements, for example helping manage medical conditions such as diabetes.



### **Nutritional advice** *(up to 6 consultations each year)*

With HealthWise you can receive one-to-one consultations with a nutritionist who can help you stay on top of your diet. The consultations aim not just to improve your health and wellbeing but also help you gain an understanding of the main food groups (fat, protein, carbohydrate), vitamins and minerals to help make long-term, sustainable changes to your diet.

#### **Services available**

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

Excluding Bank Holidays

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-exeter.com**

**How to access HealthWise:**

**HealthWise can be downloaded for free from the App Store or Google Play.  
You will need your policy details in order to activate your HealthWise account.**



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