

# HealthWise

As a member of The Exeter, you and your immediate family get free access to HealthWise — our handy app for quick, convenient medical advice and treatment.

Need a GP check-up? Support for your mental health? Physio or expert diet and lifestyle advice? It's all at your fingertips, anytime, anywhere. And don't worry, using HealthWise won't affect your premiums or No Claims Discount (if applicable). Better yet, any exclusions on your policy won't limit the services available to you through the app.

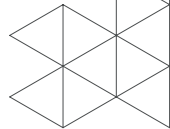
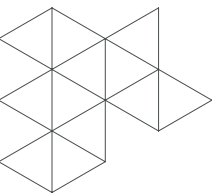
## Download the app today

As a new member, you will receive an invitation email from **no-reply@squarehealth.com** with simple instructions on how to register for your HealthWise account. Your username needs to be an email address that is valid and active, linked to your policy, and personal to you.



For income protection and health insurance members only

 **The Exeter**  
Health & Life insurance



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



### Digital GP

Speak to a GP from anywhere in the world — unlimited access.



### Second medical opinion

Get peace of mind with a second opinion — up to two uses per year.



### Mental health support

Talk to a specialist when you need it most — up to six sessions per year.



### Nutrition service

Get expert coaching on healthy eating habits — up to six sessions per year.



### Dietitian consultations

Personalised diet advice to help you feel your best — up to six sessions per year.



### Health MOTs

Stay on top of your health with a yearly check-up — available for the primary policyholder only.



### Lifestyle service

Tailored tips to boost your overall wellbeing — up to six sessions per year.



### Repeat prescriptions

Order your private and NHS repeat prescriptions through our app with ease — only available to HealthWise members in England.



### Physiotherapy consultations

Get expert physio advice via video call — up to six sessions per year.

#### HealthWise Terms & Conditions

The primary account holder and their family members — spouse, partner and dependents — can access all services except the Health MOT, which is for the Primary Account Holder only. Dependents are covered up to age 18 or 23 if in full-time education. Dependents under the age of 16 can use the Digital GP and Second Medical Opinion services with a parent present. All other services are only available for dependants aged 16+. Further terms and conditions can be found on the app.

#### Account Access

Partners and dependents aged 16+ will have their own login. Once they are added to the policy, they'll receive an invitation email to set up their account. Dependents under 16 will share their parent's login. When they turn 16, they will automatically receive an invitation email to create their own account.

#### 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.

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.

