

HEALTH*Wise*

The smart way to take care of yourself



As a **Health+** customer you become a member of The Exeter, which gives you and your family access to HealthWise, our member benefits service.

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

What's more, HealthWise can be used without the need to claim on your policy, so using it will not affect premiums or any No Claims Discount. Here's what HealthWise offers you in addition to your **Health+** policy:



GP on demand (*up to 4 sessions 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 is available:

Mon – Fri 8am – 7pm (excluding Bank Holidays), **Saturday 9am – 1pm**

GP on demand can:

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





Second medical opinion *(up to 2 assessments each year)*

Sometimes we all need a second opinion to help make a difficult decision. You can use HealthWise to access our exclusive 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.



Physiotherapy *(up to 6 sessions each year)*

With HealthWise you can also receive diagnosis and treatment of musculo-skeletal problems. With a network of over 5,000 physiotherapists, chiropractors and osteopaths across the UK, members can access the help they need via video consultations.



Counselling and cognitive behavioural therapy *(up to 6 sessions each year)*

HealthWise also gives you access to counsellors who can assess and treat mental health conditions as well as offering emotional and behavioural support. The service is provided by video consultation with therapists via the app.



the-exeter.com

How to access HealthWise:

HealthWise is available for both iOS and Android and can be downloaded for free from the Apple App Store or Google Play. You will need your Health+ policy details in order to activate your HealthWise account.



HealthWise and all member benefits provided by The Exeter don't form part of any policy, so could change over time.



You matter more.

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