

# Aviva Smart Health

## Say hello to health and wellbeing in your pocket.

All Aviva Smart Health services are available on the app. Get started using our access code:

**24/7 online GP**

**myStrength app**

**Legal and financial support**

**Second medical opinion**

**Nutrition advice**

**Fitness plans**

**Health check**

**Mental health support**

**24/7 mental health helpline**

## Using the Aviva Smart Health app is easy - appy days

Aviva Smart Health is provided to Aviva Protection UK Limited customers by Teladoc Health. This is not part of your insurance contract and can be changed or withdrawn at any time.

Aviva Protection UK Limited. Telephone 0345 600 6820. Registered in England and Wales. Number 6367921.

Registered address: Aviva, Wellington Row, York, YO90 1WR. Aviva Protection UK Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The registration number is 473752.

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Health checks



Just visit [smarthealth.aviva.com](https://smarthealth.aviva.com) to get started.

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