# Aviva Smart Health emails

EDCO: 3964

# Email 1: Introduction to Aviva Smart Health

**Subject line:** Introducing Aviva Smart Health − your health and wellbeing service

**Copy:**

Hi [INSERT EMPLOYEE NAME],

As part of working at [INSERT COMPANY NAME], our insurance is provided by Aviva Protection UK Limited. One of the great things about our cover is the unlimited1 access to Aviva Smart Health\*. Let’s hear all about it.

This award-winning2 health and wellbeing service is made up of six key elements:

* 24/7 online GP appointments
* Mental health support
* Nutrition advice
* Fitness plans
* Second medical opinions
* Health checks

You can access it 24/7, 365 days a year, from wherever you are in the world. Everything’s also available to your partner and any children up to age 21.

**Getting started**

Make sure you’re set up and ready to go for when you need to use Aviva Smart Health. There’s two ways you can get involved:

* Download the app today − search Aviva Smart Health by Aviva on the App Store (iOS) or Google Play (Android)
* Visit the Aviva Smart Health website − <smarthealth.aviva.com>

You’ll need to have our company access code [INSERT COMPANY ACCESS CODE] and your ID (passport or driving licence) to hand the first time you log on.

If you have any questions please email [INSERT POINT OF CONTACT].

Take care,

[INSERT NAME]

1 The number of mental health sessions will be defined when you first speak to your practitioner.   
2 Awards include COVER Customer Care Award - Best health and wellness offering.

# Email 2: 24/7 GP Service and Flexibility

**Subject line:** Need to speak to a GP?

**Copy:**

Hi [INSERT EMPLOYEE NAME],

No time to go to the GP? Busy schedule? Got a lot on your plate? No problem.

As a perk of working here, you have access to Aviva Smart Health\* − the perfect blend of health and wellbeing services.

It includes round-the-clock GP access, so you can make an appointment when it suits you. And if you need a prescription to help you on the road to recovery, it couldn’t be easier. Choose from having it delivered straight to your front door1, picking it up from a pharmacy of your choice or having the prescription emailed so you can be flexible.

**Available for your family**

Don’t forget that all Aviva Smart Health services are available to you, your partner and any children up to the age of 21.

**Getting started**

Make sure you’re set up and ready to go for when you need to use Aviva Smart Health. There’s two ways you can get involved:

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* Visit the Aviva Smart Health website − <smarthealth.aviva.com>

You’ll need to have our company access code [INSERT COMPANY ACCESS CODE] and your ID (passport or driving licence) to hand the first time you log on.

If you have any questions please email [INSERT POINT OF CONTACT].

Take care,

[INSERT NAME]

1 Private prescription. Same day delivery in London if ordered by 3pm and next day delivery nationwide if ordered before 1pm

# Email 3: Nutrition and fitness

**Subject line:** Looking after your fitness and nutrition

**Copy:**

Hi [INSERT EMPLOYEE NAME],

It’s time to talk about Aviva Smart Health\* − the perfect blend of six health and wellbeing services.

I just wanted to let you know about two of the service’s fantastic features, all aimed at helping you introduce some healthy habits into your lifestyle:

1. **Nutrition advice:**A balanced diet can have a huge impact on feeling your best, starting from the inside out. Your expert nutritionist is ready and waiting, whether it’s guidance on healthy eating or advice on food intolerances.

Your personalised plan will be made up of weekly meal suggestions, all to help you reach your goals.

1. **Fitness plans:**Let Aviva Smart Health take the sting out of coming up with a new workout routine with your very own personalised plan − there’s no one size fits all approach.

Your team of coaches and fitness experts will keep you on track all the way through your four or eight week programme, whether you’re getting back in to exercise or training for a marathon.

**Getting started**

Make sure you’re set up and ready to go for when you need to use Aviva Smart Health. There’s two ways you can get involved:

* Download the app today − search Aviva Smart Health by Aviva on the App Store (iOS) or Google Play (Android)
* Visit the Aviva Smart Health website − <smarthealth.aviva.com>

You’ll need to have our access code [INSERT COMPANY ACCESS CODE] and your ID (passport or driving licence) to hand the first time you log on.

If you have any questions please email [INSERT POINT OF CONTACT].

Take care,

[INSERT NAME]