

CONNECTPlus

An employee guide



Welcome to CONNECTPlus

Digital healthcare support on-demand, to help you manage your wellbeing.

As you're covered under your employer's Group Income Protection policy with us, you and your immediate family have access to CONNECTPlus.

CONNECTPlus is a downloadable app provided by HCI Digital that is designed to empower the self-management of one or more specific long-term health conditions. These conditions are;



Stroke



Cancer



Multiple Sclerosis



Type 2 Diabetes



Long Covid



Rheumatoid Arthritis

Your wellbeing



CONNECTPlus also provides general health and wellbeing tools and resources to manage all conditions, even those not listed above.

CONNECTPlus Features

CONNECTPlus has been created with the help of NHS clinicians and patients to help you access a wide range of resources and tools, including:

- Specific condition and healthy lifestyle information
- Appointment diary
- Medication reminders
- Symptom trackers
- Video explainers and frequently asked questions
- Guidance for returning to work
- General Wellbeing management

Benefits of CONNECTPlus

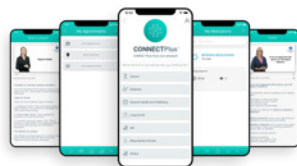
- Easy access to a range of clinically approved information helps you feel more knowledgeable about your condition and general health
- Find answers to questions about your condition and reduce the need for unnecessary phone calls and visits to health departments
- Monitor your health progression and track your symptoms
- Get support while you are waiting for appointments, with advice on how to self-manage your condition
- A better understanding of how you can prepare for going back to work
- Notifications for when to take medications or upcoming appointments mean you have constant reminders to hand

How to access CONNECTPlus

You can get started in a couple of easy steps:



CONNECTPlus®



1. Scan this QR code:



2. Download the CONNECTPlus app from the Apple App or Google Play store.

3. Open and use the app. Once downloaded you will be directed to "CONNECTPlus from your Employer".

Good to know:



- Any details entered into CONNECTPlus are always kept confidential and can only be accessed by you
- No personal or medical information is shared with Legal & General or your employer
- Your NHS records are not incorporated into CONNECTPlus

Important information

CONNECTPlus is a non-contractual benefit that Legal & General can withdraw at any time.

To access the app, please scan the QR code below.



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