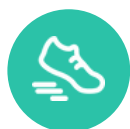


# Start a health journey that's built for you



## Find balance

Take an active role in your own well-being and find balance in your health



## Move more

Take steps every day (literally) to make consistent progress toward your goals



## Stress less

Recognise the signs of stress and get tips on how to take positive actions



## Sleep better

Learn how to creating a soothing sleep environment to sleep better for longer

# Make health a habit

Did you know all Zurich Group Accident and Business Travel policies give you special benefits?

You can now claim free access to the LiveWell by Zurich app to start your health journey.

## Features designed to match your wellness needs:

### Health goals

Set clear, realistic goals and take consistent daily actions to achieve them

### Meditations

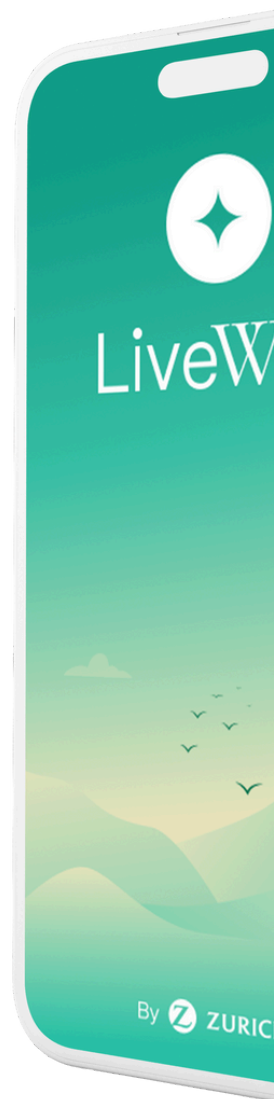
Explore a library of guided meditations and resources for mental health support

### Challenges

Compete against your friends, family, and the community in fun health challenges

### Rewards

Your healthy actions earn you points to spend on exclusive rewards and discounts



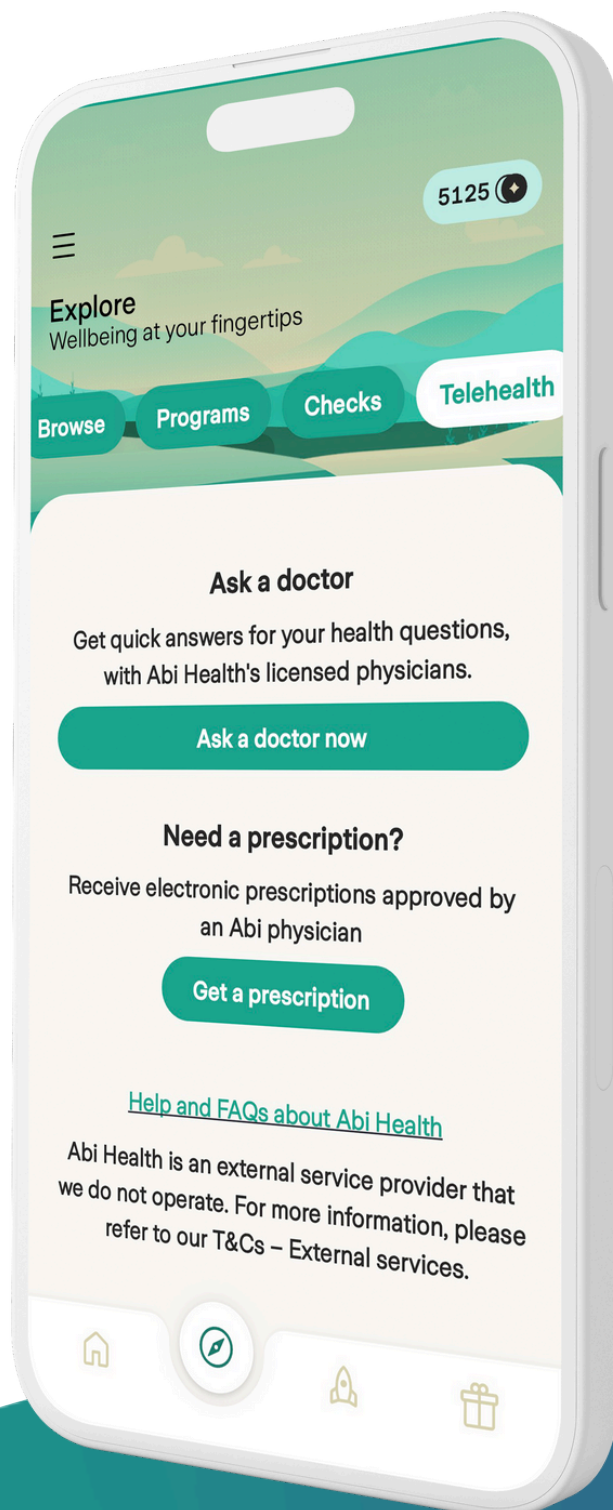
Get personalised medical advice from anywhere in the world  
without stress, cost, or commitment

**13** years  
experience  
on average

General Practitioners  
Pediatricians  
Gynecologists  
Dermatologists  
Nurses  
Nutritionists  
...and more!

**76%**  
of consultations  
resolved without  
further medical  
visits

**40** Less than  
seconds  
to connect to a  
medical  
professional



Mental health  
reviews



Micro  
consultations



Voice  
consultations



Video  
consultations



\*Medical  
prescriptions



LiveWell

By ZURICH

# INTRODUCING: MindWell

Holistic support professionals are just a call away

“I don’t feel as motivated as I used to“

“My job is causing me a lot of stress“

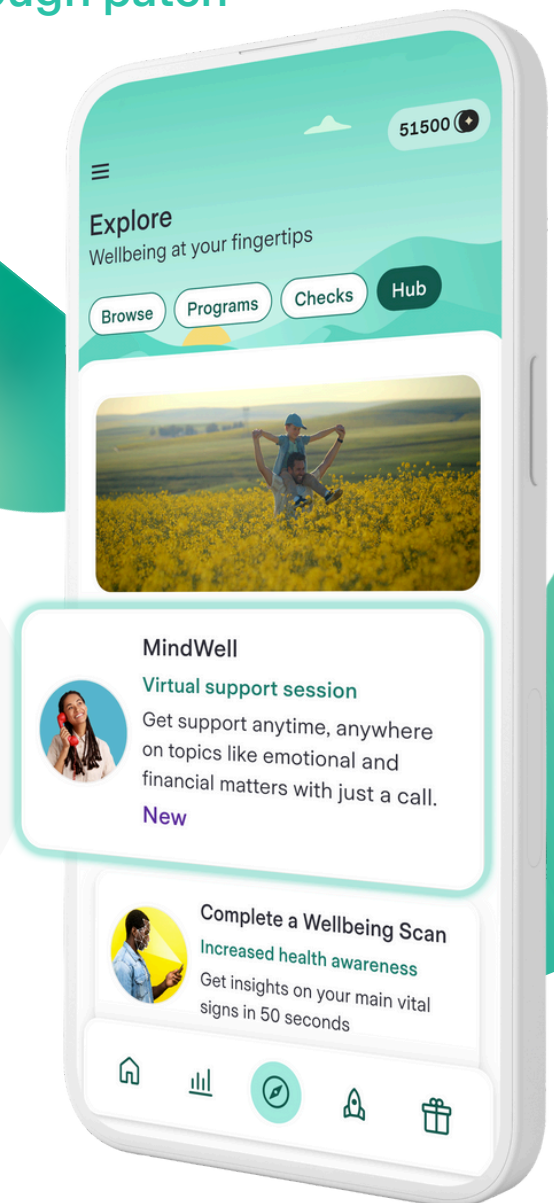
“My relationship is in a rough patch“

24/7

best-in-class  
support on a range  
of topics

Phone  
consultations  
with a professional.  
No judgement.

5 sessions  
on average  
to find a  
resolution



Remote support from professionals specializing  
in counseling, social work, and psychology.

\*Six sessions included in LiveWell subscription. Only available in participating countries.

This is a premium feature. If you would like to find out more  
or need help, contact [support.livewell@zurich.com](mailto:support.livewell@zurich.com)

Privacy by design and on principle  
Best-in-class cryptography and data security practices