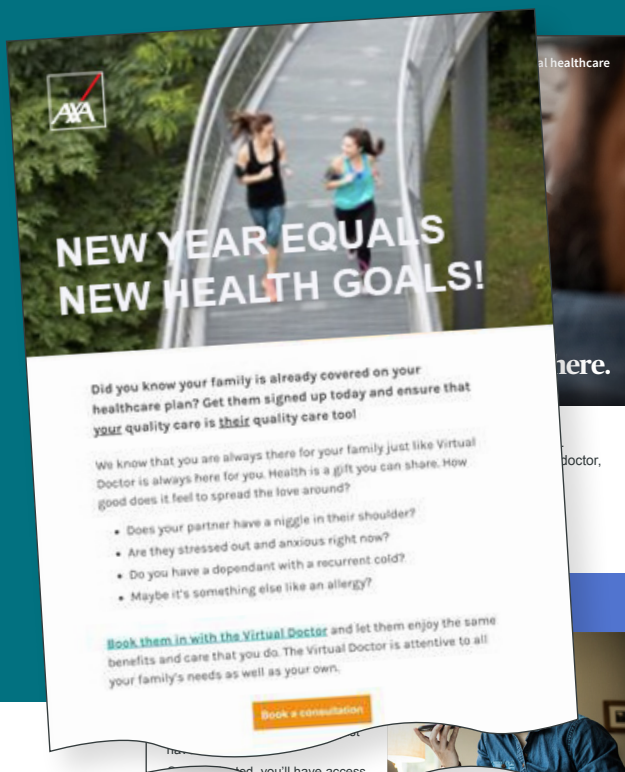




Your Virtual Doctor 2022 communications

Global healthcare



All our members with access to the Virtual Doctor service will receive the following emails this year.

We'll email members who haven't activated this service yet and encourage them to register. Teladoc Health will email members who have already activated, and encourage them to use it.



January

TOPIC

New Year Equals New Health Goals!

- ▶ Set out those health goals and intentions! Be bold!
- ▶ Consult Virtual Doctor for advice on making goals realistic and achievable
- ▶ Your health and fitness is for life, not just New Year
- ▶ Head into 2022 your strongest best self

February

TOPIC

Say “no” to cold and flu, say “yes” to Virtual Doctor

- ▶ Consider a flu shot for you and your family
- ▶ Continue to prevent the spread of COVID-19 (wear a mask, wash your hands)
- ▶ No need to risk a doctors waiting room – stay safe at home
- ▶ Contact Virtual Doctor regarding any of your concerns

March

TOPIC

March has sprung but allergies are not fun!

- ▶ Your allergy needn't rule you
- ▶ Virtual Doctor can discuss the options you have to manage it effectively
- ▶ We can treat and alleviate your symptoms
- ▶ Our service can provide you with reassuring one to one virtual care

April

TOPIC

Let's celebrate good health!

- ▶ Good health can be achieved through a variety of means
- ▶ Virtual Doctor can oversee plans for you and your dependents
- ▶ Get active more regularly and improve your nutrition
- ▶ Don't overlook mental health – this contributes to overall health too

May

TOPIC

The outlook looks sunny and bright with Virtual Doctor

- ▶ Enjoy access to support and tools for good mind health
- ▶ If in need, let us refer you to a mental health practitioner
- ▶ The service is available to you whenever you require it – 24/7
- ▶ Value your mental health – this will lead to overall health

June

TOPIC

The sun has got his hat on but have you?!

- ▶ Wear good quality sunscreen and a high SPF on the face
- ▶ Don't forget your aftersun care – hydrate from outside in too
- ▶ Keep an eye on any size or colour changes to moles
- ▶ Virtual Doctor is always on hand to take a look

July

TOPIC

Going anywhere nice for your hols? Virtual Doctor can come too!

- ▶ Check out your travel restrictions for your destination
- ▶ Receive advice on what supplies to pack for your trip
- ▶ Think about how you exercise and still relax whilst away
- ▶ Access tips on sleeping through different time zones

August

TOPIC

Have fun but stay vigilant on your vacation!

- ▶ Don't let holiday hazards spoil your fun
- ▶ Food poisoning? We know how to make you better
- ▶ Insect bites causing you grief? We can offer help
- ▶ Heat exhaustion? We'll get you back on your (healthy) feet

September

TOPIC

Holiday wind down - Back to School/Back to the office

- ▶ Learn good mental health practices for adjusting to change
- ▶ Manage expectations and emotions effectively
- ▶ Professional support for each individual covered on your policy in the family
- ▶ Leading to an overall happy, balanced, supported family.

October

TOPIC

This month, let's examine mental health, in all its many guises

- ▶ Acknowledge the need for good mental health
- ▶ Adopt a positive outlook and reflect on your needs
- ▶ Book in with a Virtual Doctor
- ▶ Encourage family members on your policy to do the same

November

TOPIC

Cold and flu season is coming, make sure you're ready

- ▶ Get a seasonal flu vaccine
- ▶ Wash your hands often with soap and water
- ▶ Stay away from people who are coughing and sneezing
- ▶ If you do feel unwell, have a fever or other flu symptoms, stay home
- ▶ Make sure you're registered for your free Virtual Doctor service where you have unlimited access to qualified and experienced doctors – all as part of your global health insurance plan from AXA

December

TOPIC

Season's Greetings! And don't forget we're open all hours!

- ▶ Virtual Doctor is open all hours even in the holidays
- ▶ No need to venture outside or be on hold for hours to get through
- ▶ Here to help manage any seasonal stress
- ▶ Ready to advise on any ailments.