



# Easing the weight of worry

Protection with a stronger  
emotional connection



# Worry

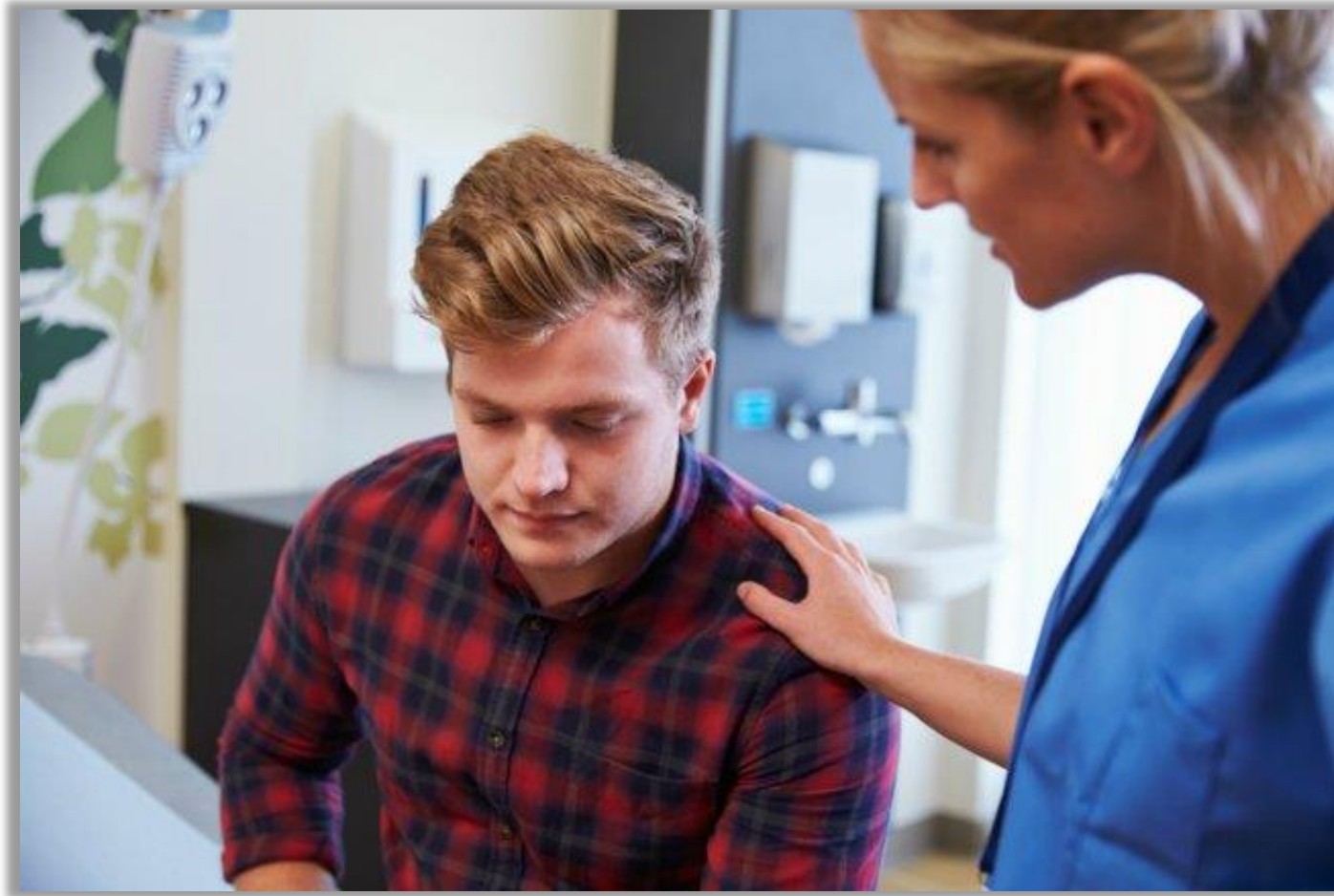
From the little niggles, to a monkey on your back, to ...





# Every picture doesn't tell the whole story

A pre-op assessment...



# Every picture doesn't tell the whole story

A beautiful resting place...



# Every picture doesn't tell the whole story

Enjoying a break...





# Life and health protection

Evolving beyond pure financial resilience



# Is it worth it ?

## Invaluable support

*"I used the counselling service provided by Square Health to help me cope during a very stressful period. It was a point in my life when bad news seemed to come all at once with two close family members battling cancer and my only sibling beginning a recovery from attempted suicide. All this plus dealing with my own health concerns and stress at work left me looking for someone else to turn to.*

*Fortunately, I was able to access the Square Health counselling service through our employee programme. I had the option of accessing the service through the Square Health app or a dedicated telephone number.*

*Before booking me in for an appointment, Square Health contacted me to go through some initial triage questions to make sure they were giving me access to the service that best suited my needs. I was also very impressed by how flexible the service was because they were able to offer me the option to have my counselling via telephone or face to face.*

*I ultimately had four confidential face to face sessions with a highly qualified counsellor in my local area. I'm very grateful to have had access to counselling through Square Health which provided invaluable support during a very difficult period."*

# Is it worth it ?

## Compassionate

*"I would not have been prepared to share this information with my NHS GP as he ignored the problem.*

*I found the GP very compassionate, he explained the options clearly and listened to what I had to say."*

Source: Square Health Annual Patient Survey



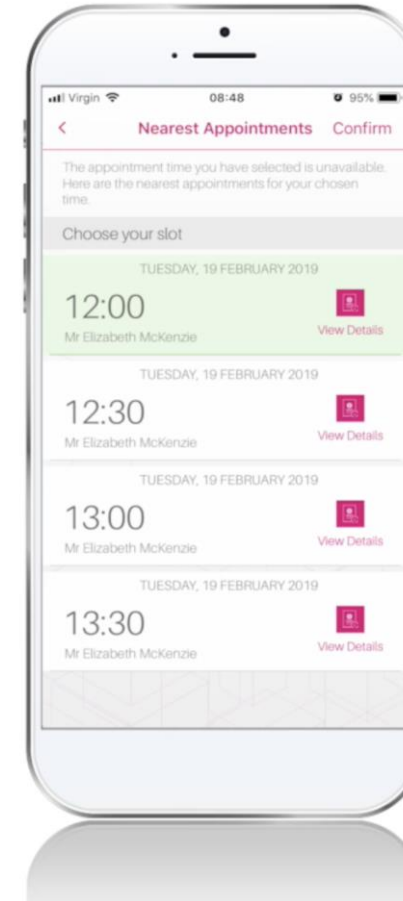
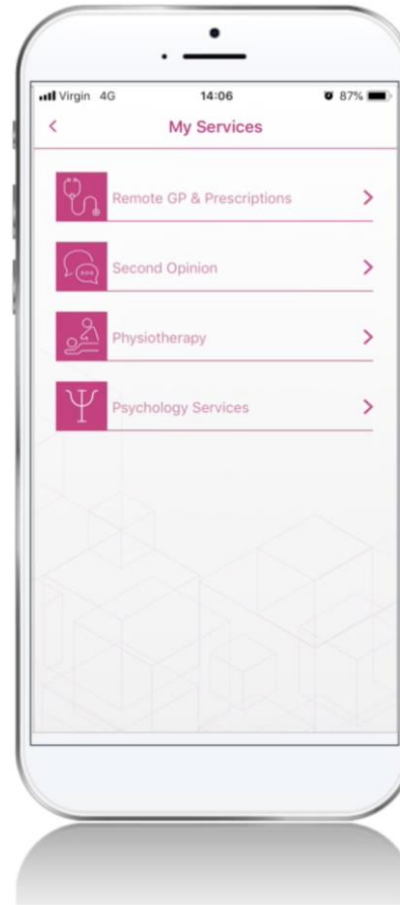
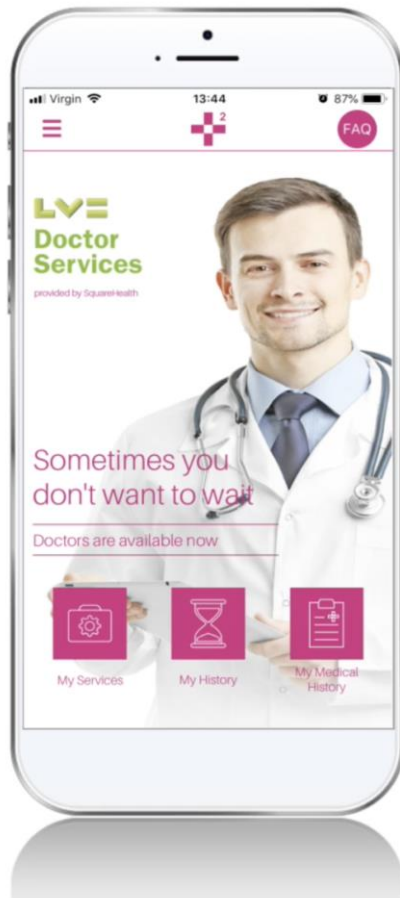
# Is it worth it ?

Claire's story



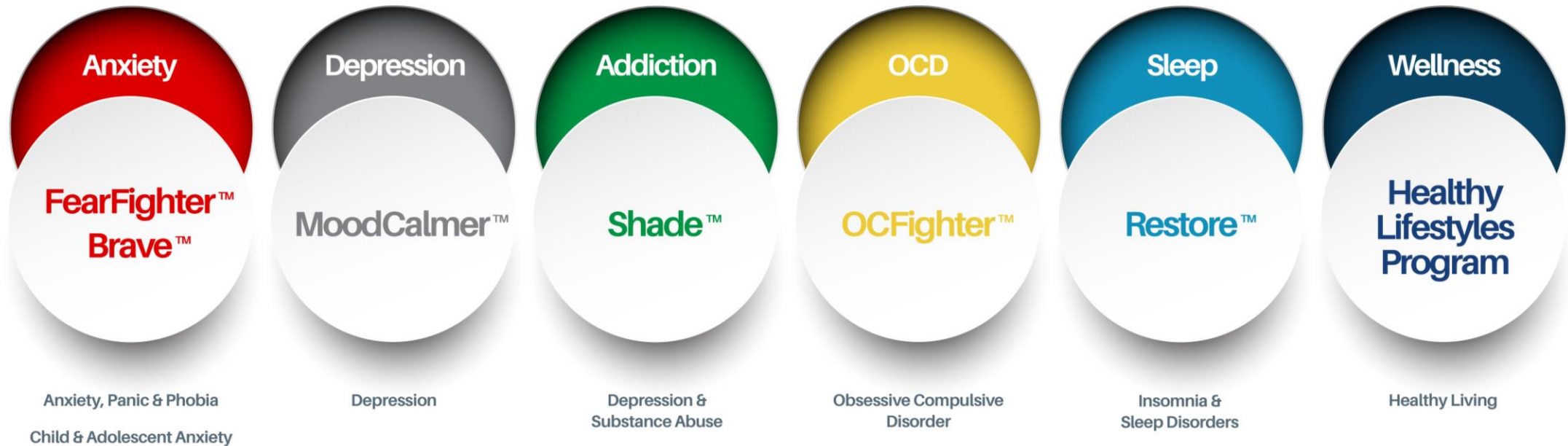
# Supporting stronger mental resilience

## How it works



# Supporting stronger mental resilience

Tailored clinical programmes





# Support

## With safeguards



# Second opinion

Now available...





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