

## Wellbeing

Here's to a healthier and happier you

## Reach your health and fitness goals with Asteron Life Connected Care

**Whether you're looking to lose weight, build muscle, or just improve your overall health and wellbeing, we can help you achieve your goals.**

Asteron Life Connected Care services are provided by Teladoc Health, a global leader in health care services. Connecting you to New Zealand registered health and fitness experts, the team understand that everyone's health and wellness journey is unique, which is why you'll meet for an online one-on-one consultation to establish specific objectives and goals.

During your consult, you'll work closely with a fitness consultant or dietitian to assess your current lifestyle, discuss your goals, and create a plan tailored to your individual needs. Our experts will follow up with you to check on your progress.

**Asteron Life Connected Care services are included at no extra cost with Asteron Life Trauma, Cancer or Disability Cover policies\*.**



### Improve your health and wellbeing with the help of a Nutrition Consult

#### Have you ever thought:

“I need to lose weight to reduce my health risks”

“I want to eat healthier, but I really don't know where to start”

Connect with a registered dietitian for a nutrition consultation, if you are struggling to lose weight, control your diet or manage your diabetes. They will help you to create healthy, sustainable eating plans that fit your lifestyle and goals.



### Work on your fitness with the support of a Fitness and Recovery Consult

#### Have you ever thought:

“I have been doing the same exercises for years and want to change, how should I approach it?”

“I've just turned 50 years old, have sore knees, but want to increase my fitness levels, what exercise should I focus on?”



Have an experienced fitness specialist work with you to understand your physical needs, challenges and goals. They'll create a customised exercise plan based on your fitness level and capabilities, ensuring you progress safely and effectively towards your goals.



## How it works

Login to the members portal and book a Nutrition or Fitness Consult to kick start the process.

### 1 Intake with clinical team

Chat with the team to establish your needs and book the specialist consultation.

### 2 Dietitian / Fitness Consult

One-on-one consult online (approximately 60 minutes) the specialist will work with you to establish your goals.

### 3 Discussion summary

The specialist will create a program and summary, to provide you with a clear course of action.

### 4 Follow up

The team will be in contact to check on your progress.

## Stronger together

Make fitness fun for the whole family by getting your loved ones involved. Nutrition and fitness consults are available to your partner/spouse, children, parents, and parents in-law, at no extra cost (only available to people who are aged 18 years and over).

### It's easy to sign up

Sign up at [www.asteronlifeconnectedcare.co.nz](http://www.asteronlifeconnectedcare.co.nz). Click the 'Login/Register' button, remember to have your Asteron Life Policy Number handy.

If you have any questions about signing up or logging in you can call the Teladoc Health team on **0800 425 005**, 10am to 7pm, Monday to Friday.



## Connected Care

**Sign up today**

[www.asteronlifeconnectedcare.co.nz](http://www.asteronlifeconnectedcare.co.nz)

### IMPORTANT INFORMATION

Nutrition Consult, and Fitness & Recovery Consult are only available to people who are aged 18 years and over and are residing in New Zealand. \*To access Teladoc Health services via Asteron Life Connected Care at no extra cost, your Trauma, Cancer or Disability Cover needs to be active and in force. It includes the following covers that can be currently purchased - Personal Insurance or Business Insurance Trauma Cover, Cancer Cover, Income Protection Cover, Mortgage and Living Cover, Workability Cover, Business Disability Cover, Business Expenses Cover, Farmers Disability Cover and Employee Insurance – Income Protection Cover. It also extends to specific previously sold policies, if you'd like to check if you qualify, please contact Asteron Life on 0800 737 101. Asteron Life Limited ("Asteron") reserves the right to withdraw or modify the terms of access to Asteron Life Connected Care at any time. For full policy terms and conditions, see your policy wording or contact your adviser. Asteron does not provide financial advice in relation to life insurance cover. The content of this flyer is for information purposes only and is not financial, legal or medical advice, nor does it offer any opinion or recommendation about whether a particular policy is right for you. You should consult a qualified financial adviser for advice specific to your personal situation and needs. Asteron and its related companies do not accept any responsibility or liability in connection with your use of or reliance on the information. Asteron Life Connected Care is owned and operated by Teladoc Health Australasia Pty Limited ("Teladoc"). Asteron disclaims all responsibility for any loss, claim, cost, liability, expense, or injury suffered

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## Mental Health

# Taking care of your mental wellbeing



## Find your North Star with Asteron Life Connected Care

**Mental distress can impact us all. While ups and downs are a normal part of life, if things are getting you down regularly – it's worth getting expert advice.**

As an Asteron Life customer with Asteron Life Disability Insurance, Trauma Cover and Cancer Cover\*, you have access to an online team of professional mental health experts to help you take charge of your mental health journey.

**The good news it's included at no extra cost.**

## Support for your loved ones

We know that mental health affects not only the individual but also their loved ones. That's why Asteron Life Connected Care benefits are available to your spouse/partner, children, parents and parents-in-laws – at no extra cost. Supporting those you care about the most.



## Virtual mental health support and guidance

Online services provided by Teladoc Health, the Asteron Life Connected Care portal connects you to New Zealand registered mental health professionals to support you and your loved ones.

### Mental Health Clinician

Something on your mind? For general advice and help about mental health, a registered mental health clinician can answer your questions. Submit your question through the Asteron Life Connected Care portal and you'll receive an answer usually within one business day.



### The Mental Health Navigator

Feel like you need a little more support? Want to discuss your mental health or current treatment plan? In that case, this service provides a comprehensive assessment with treatment pathway recommendations to help you make informed decisions. Plus, you'll get ongoing support from a mental health nurse.



## Absolute confidentiality

Your privacy is our priority, Asteron Life Connected Care Mental Health Navigator and Mental Health Clinician services are provided by Teladoc Health. Your results and consultation outcomes are only released to you and no one else.

However, you are encouraged to share the findings with your treating doctors. Asteron Life Connected Care supplements the work of your own doctor, it does not replace it.

With Asteron Life Connected Care, we're committed to providing you with the best possible care and support. If you're ready to take the next step in your mental health journey, sign up to Asteron Life Connected Care and you can start using the services straight away.

Visit [www.asteronlifeconnectedcare.co.nz](http://www.asteronlifeconnectedcare.co.nz) to sign up. Remember to have your Asteron Life Policy Number handy.

If you have any questions about the services or need help registering call **0800 425 005** (Monday-Friday, 10am-7pm) to speak to the Teladoc Health team.



**Connected Care**

**Sign up today**

[www.asteronlifeconnectedcare.co.nz](http://www.asteronlifeconnectedcare.co.nz)

### IMPORTANT INFORMATION

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Expert medical  
specialists are  
waiting to help you





A lot of questions race through your mind when you've been diagnosed with an illness, or are living with a chronic condition. But knowing exactly what you're dealing with – and getting advice from leading specialists – can give you and your treating doctor a clear way forward.

**Best Doctors gives you access to expert medical advice and guidance in the comfort of your own home.**

We provide you and your immediate family with easy access to leading GP's, specialists and mental health clinicians via Telehealth – helping you get the right diagnosis, treatment and information when facing a medical uncertainty.

## Reasons to contact Best Doctors:

- Need help understanding your medical condition
- Unsure about your diagnosis and want a second opinion
- Doubts about treatment or surgery recommendations
- Wanting questions answered about your condition
- Looking for an expert

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**+50,000**  
leading doctors worldwide

**+450**  
sub specialities

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'Getting the appropriate advice is paramount. An independent, non-biased opinion is very useful.'

— **Dr John Mayhew**

BSc, MBChB, DipObst, DipSpMed(Hon),  
DOccMed. Ex All Blacks Team Doctor.



Quick, easy access to over 50,000, local and International leading specialists



Certainty around your diagnosis and treatment plan, whatever the condition.



Access Best Doctors at any time and as many times as you need, completely confidentially.

Best Doctors does not share any information with anyone other than you.



There are no costs to you and access extends to your partner, children and parents (incl. In-laws)

"I have never had so much help and encouragement in order to recover. I'm genuinely optimistic about my health journey."

— Katie

#### Physical condition outcomes

Modified diagnosis in



Modified treatment plan in



#### Mental health outcomes

Modified diagnosis in



Modified treatment plan in



**\$7,200**

Average reduction in medical cost when a treatment change is recommended



# How does it work?

From the first contact, our clinical team will guide you through the process



## Initiate

Contact us by web or phone.



## Speak with us

Our clinical team will identify how we can best assist and then provide guidance and support throughout the journey.



## Mental Health Navigator

A quick and easy review of your mental health via Telehealth by a team of leading New Zealand registered experts – with ongoing support from a mental health nurse.



## Expert Medical Opinion

An in-depth second medical opinion of any physical condition by leading global experts to help you better understand your diagnosis and treatment options.



## GP Consult

Discuss your general medical questions with a New Zealand GP via phone or email.

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**You can access our services by calling  
0800 425 005 or visiting [www.askbestdoctors.com/nz](http://www.askbestdoctors.com/nz)**