



# 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 that is designed to empower the self-management of one or more of the following long-term health conditions:



Stroke



Cancer



Multiple Sclerosis



Type 2 Diabetes



Long Covid



Rheumatoid Arthritis

The app provides interactive access to clinically assured information, all in one convenient place - helping you and your immediate family to take control of your own care.

### 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

### Benefits of CONNECTPlus

- Easy access to a range of clinically approved information helps you feel more knowledgeable about your condition
- 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 **useful** reminders to hand

### How to access CONNECTPlus

You can get started in three easy steps:



1. Visit the Apple App Store or Google Play store to search for and download the CONNECTPlus app
2. Once you've downloaded the app, open CONNECTPlus and select the option which says 'CONNECTPlus from your employer'
3. Once you've selected this option, you'll have access to the CONNECTPlus library of resources



### 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

# Further support for your wellbeing



You can access a range of wellbeing support services to help you be well, get better, and be supported.

## Employee Assistance Programme

### Expert advice

Talk to experts for help with budgeting, saving and debt, consumer disputes, legal and medical information, crisis intervention, and divorce and separation support.

### Health and wellbeing support

Get dedicated online and telephone support for wellbeing advice, and health and fitness plans.

### Self-help

Take care of yourself with articles, tools and webinars, on the go via the My Healthy Advantage app.

### Counselling

If more personal support is needed you could receive structured counselling. This can be online, over the phone or face to face.

## Care Concierge

Speak to an expert over the phone for guidance about a loved one's later life care needs. Our experts have backgrounds in social care, nursing and care home agencies, and can help you understand and navigate all aspects of the later life care process.

## Umbrella Benefits

Access to financial offers on selected Legal & General products for added peace of mind.

Visit our [employee website](#) for further information on all of these services.

**CONNECTPlus and other benefits mentioned in this brochure are non-contractual and could be withdrawn or amended at any time.**

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