

# Helping you through a stroke with Wellbeing Support



Having a stroke can have a major impact on your life. Stroke affects people in different ways: some recover in the short term, others may take longer to recover or are left with life-long effects such as a physical impairment.

That's where Wellbeing Support, provided by RedArc Assured Limited, can help. It gives you and your immediate<sup>1</sup> family unlimited access to an experienced RedArc nurse throughout the life of your policy. Your dedicated nurse is there to listen and support you over the telephone every step of the way.

Though everyone is different, this illustration shows how RedArc nurses could help you after a stroke.



## After a mini-stroke

You may be in **shock**, feel **guilty** you didn't manage your lifestyle risks, or **worry** you may have another stroke

Your Wellbeing Support nurse can talk through how you're feeling, and **offer advice** on lifestyle changes

You may feel **isolated** and **abandoned**, or be **afraid** that life will never be the same again

Your nurse can be a listening ear, and offer **support to family members**



Suffering a stroke

Follow-up consultation

You may be **scared** about getting more bad news, or **worry** about your long-term recovery

Your nurse could talk through potential questions for their appointment, and help you **understand what was discussed** at your consultation

You might be dealing with a **disability or impairment**, and need **specialist help** and support

Your nurse can offer a listening ear, and arrange a **specialist service** like speech and language therapy, physiotherapy, or equipment to **help with daily life**



Rehabilitation



You could be having to **cope with long-term effects**, feel **fatigued** or **lack confidence** about going back to work

Your nurse could offer **reassurance**, talk through **copng strategies**, and advise on adjustments in the workplace

Going back to work

## Life after stroke

You may be **rebuilding your self-esteem**, and readjusting to a new way of life

Your nurse can offer **encouragement**, and **support** you and your family by organising a course of counselling

## How Wellbeing Support nurses take the burden off you



Tailor emotional support and practical advice



Signpost to charities, support groups and other helpful services



Recommend relevant resources such as books, leaflets and web links



Provide appropriate therapy or counselling, or arrange a second medical opinion, medical equipment or help at home

## We're listening. So that you're supported.



<sup>1</sup> Immediate family is defined as the policy holder, your partner, and children living in the same household.

Wellbeing Support is provided by third parties that aren't regulated by the Financial Conduct Authority. These services aren't part of our terms and conditions, so can be amended or withdrawn at any time.

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