

Health & Well-being from Standard Life Healthcare

Find out how to benefit from better sleep,
more energy and increased resilience to stress.

Register with the Health & Well-being service

- Access Health & Well-being at www.standardlifehealthcare.co.uk/well-being
- Select 'I want to log on now'.
- Follow the registration instructions (you will need your policy number to register).
- On completion of registration you will be sent a confirmation e-mail with a link to set your password. You will then be able to log on and access the Health & Well-being service.
- Take the Health & Well-being online assessment for an overall picture of your sleep, stress, nutrition and fitness and advice on the next steps to take based on your results of your assessment.



Think healthy.



Register now at
www.standardlifehealthcare.co.uk/well-being

