

## Expert medical and wellbeing advice from the comfort of your own home

With Asteron Life Connected Care, you can access a global network of leading medical and wellbeing experts to answer your questions, give you a second opinion and help get you back on track to health and wellness.

Asteron Life Connected Care is now included **at no extra cost** with Asteron Life Disability Insurance, Trauma Cover and Cancer Cover.



### How Asteron Life Connected Care can help you:

#### 1. GOT A QUESTION? ASK A GP

If you have a medical question, login to the portal, submit your question and an experienced New Zealand GP will get back to you usually within one business day.



#### 2. EXPERT MEDICAL OPINION

A lot of questions go through your head when you've received a diagnosis. Have a leading specialist review your diagnosis and proposed treatment plan to give you a second opinion.



#### 3. MENTAL HEALTH NAVIGATOR\*

Mental distress can impact any of us. 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.



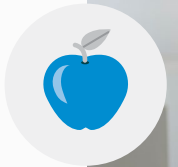
#### 4. SOMETHING ON YOUR MIND? ASK A MENTAL HEALTH CLINICIAN\*

For general advice about your mental health, a registered mental health clinician can answer your questions. Submit your question through the portal and you'll receive an answer usually within one business day.



#### 5. IMPROVE YOUR HEALTH AND FITNESS\*

Have a one-on-one assessment with a qualified fitness specialist or dietician to understand you and your health goals. You'll receive a clear plan of action to make the first step towards achieving your health and fitness goals.



Register for Asteron Life Connected Care today at [www.asteronlifeconnectedcare.co.nz](http://www.asteronlifeconnectedcare.co.nz)

If you have any questions about Asteron Life Connected Care services, call **0800 425 005** – 10am to 7pm Monday to Friday

## Support for the whole family

You and your partner/spouse, children, parents and parents-in-law can access Asteron Life Connected Care, even if they are not an Asteron Life customer. Giving 3 family generations access to expert medical opinion and wellbeing services.



## Connected Care

## Asteron Life Connected Care Services



## Not feeling so great? Here's some good news.

While ups and downs are a normal part of life, if things are getting you down regularly it might be worth getting expert mental health advice from the Mental Health Navigator\*.

A mental health nurse will start the initial assessment to understand the situation and assign a team of experts to review and deliver a thorough assessment to provide clarity and next steps.

**1 in 6** New Zealand adults have been diagnosed with a common mental health illness at some time in their lives.†

## Always wanted to get healthier but didn't know how?

Asteron Life Connected Care fitness and nutrition experts will help you to build a healthier approach to diet and exercise to improve your lifestyle.

## Quick. Confidential. Fuss-free.

- ✓ **Available now**  
As soon as insurance is in place.
- ✓ **Absolute confidentiality – nothing is shared with Asteron Life or anyone else.**  
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.

**IMPORTANT INFORMATION: Asteron Life Connected Care was previously known as Best Doctors and now replaces the service.** 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.

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\*Mental Health Navigator, Mental Health Clinician and Nutrition and Fitness Consult are only available to people who are aged 18 years and over and are residing in New Zealand.

† [www.health.govt.nz/nz-health-statistics/national-collections-and-surveys/surveys/new-zealand-health-survey/](http://www.health.govt.nz/nz-health-statistics/national-collections-and-surveys/surveys/new-zealand-health-survey/).

