

health assured

Individual Assistance Programme

A 24 hour helpline from Health Assured to support you through any of life's issues or problems.



Free 24 Hour Confidential Helpline

health assured

Your healthy
advantage

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB
Registered in England. No 6314620
















Pop out this card for future use

PR-IAP-0018-2

About your Individual Assistance Programme (IAP)

Sometimes it can be difficult to balance the pressures of work and home life. Health Assured provide caring and compassionate support, so you can give your best in life.










What can I use this service for?

 Family issues	 Financial information	 Legal information
 Medical information	 Relationship advice	 Housing concerns
 Alcohol or drug issues	 Childcare support	 Stress & anxiety
 Low mood	 Domestic abuse	 Retirement
 Consumer issues	 Tax information	 Bereavement

24/7 Confidential Support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.

Online Health Portal: healthassuredeap.com

 BrightTV	 My Healthy Advantage app	 Four-week programmes
 Nutritional advice	 Health checks	 Fitness advice
 Financial wellbeing	 Medical factsheets	 Budgeting

Individual Assistance Programme



- Stress & anxiety
- Debt
- Work
- Lifestyle addictions
- Relationships
- Legal

FREE 24 HOUR
Confidential Helpline

healthassuredeap.com

Download My Healthy Advantage now

