

Allianz Digital Health Service

- Medical Advice
- Allianz Mental Wellbeing Service
- Teleconsultations

You have been given access to the Allianz Digital Health Service

Allianz Digital Health Service provides you with health advice instantly and conveniently, at any hour of the day

As part of this service you have access to two additional services

Allianz Mental Wellbeing Service is here to help you by giving you the tools to build resilience and learn strategies to manage stress.

And

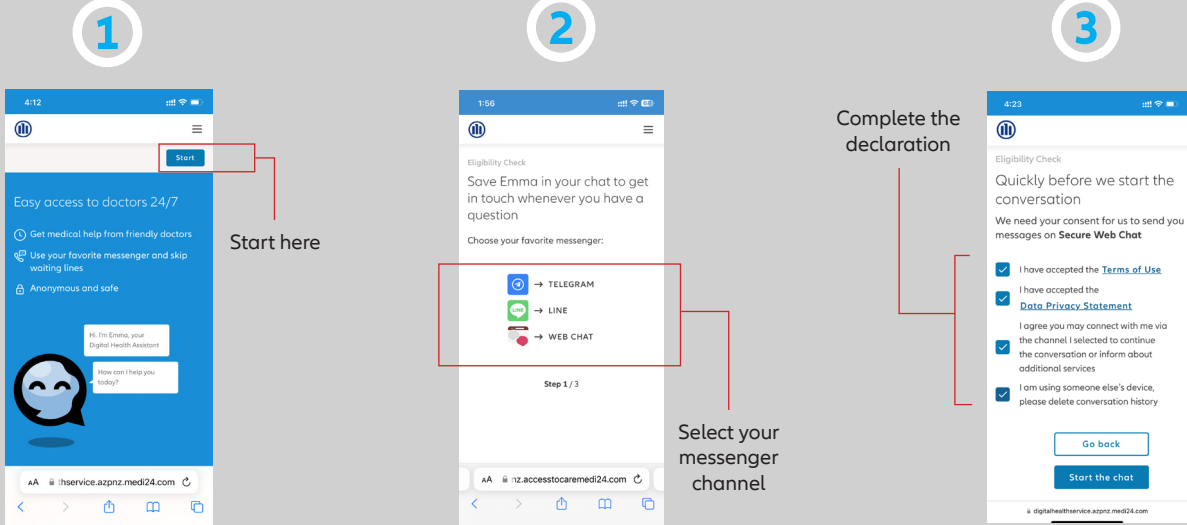
Teleconsultations is a user pays service giving you access to an online video consultation with a New Zealand registered doctor who can prescribe medication.

HOW TO GET STARTED

- Open your Record of Cover email
- Find the link supplied within the email to the Allianz Digital Health Service
- Click on the link to start your registration process

Follow the Allianz Digital Health Service registration process below

Register



Congratulations, you now have access to the Allianz Digital Health Service.
Meet "Emma" your Digital Health Assistant

Please read the below to learn how to register for the Allianz Mental Wellbeing Service.

The Allianz Mental Wellbeing Service gives you the tools to help navigate study, work and life challenges:

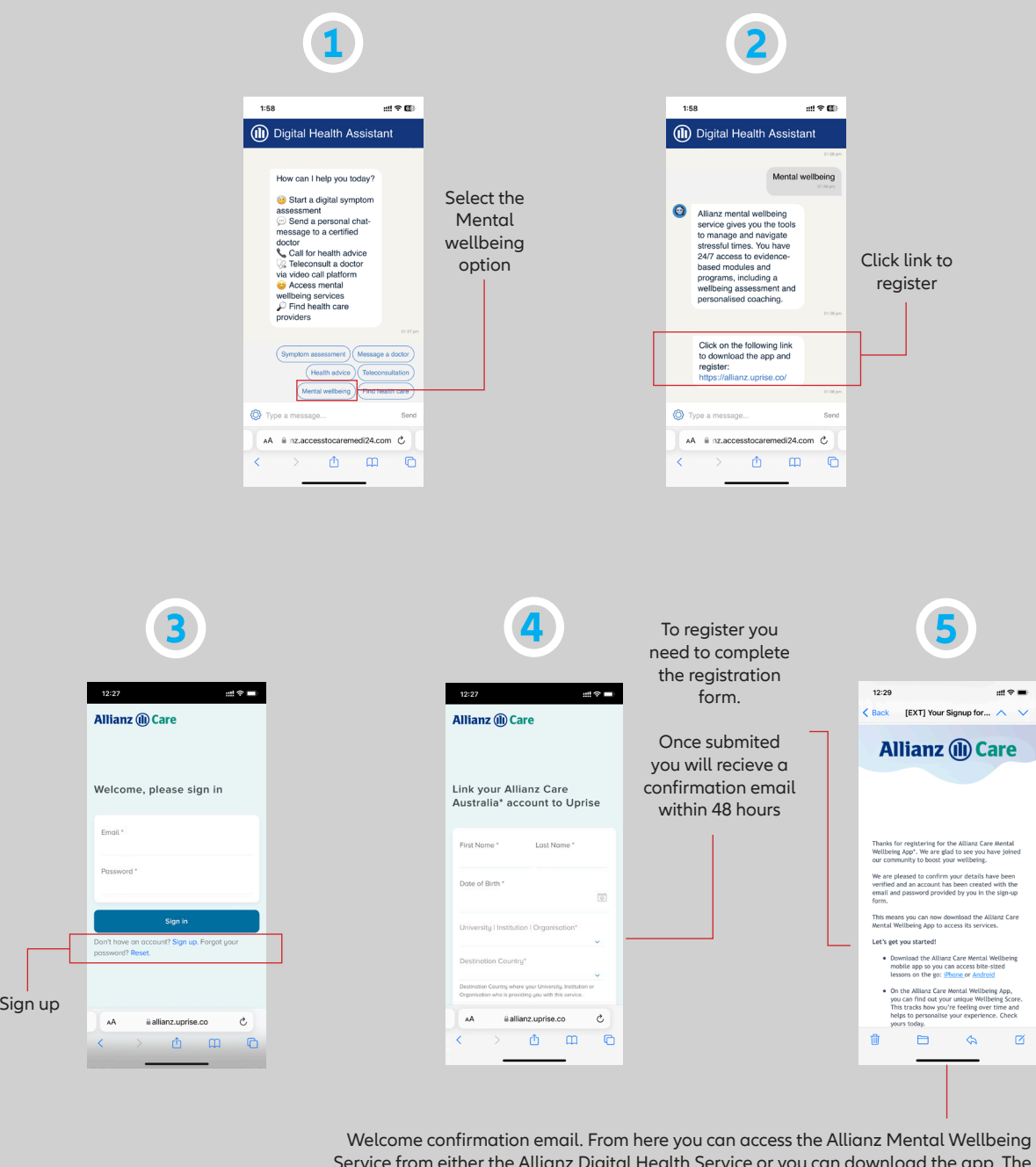
- Learn strategies and skills to manage stress.
- Track how you are feeling with a Wellbeing Score.
- Receive advice and guidance from a coach.

You can access the Allianz Mental Wellbeing Service from within Emma, after you complete the FIRST registration process listed above.

You can access the Allianz Mental Wellbeing Service via your desktop or you can download the app.

Follow the Allianz Mental Wellbeing Service registration process below

Mental Welbeing Service



Please read below to learn how to register for CareHQ Teleconsultations

With CareHQ you're only a tap away from an online video consultation with a New Zealand registered doctor (GP) who can recommend any treatments or tests you may need including prescribing medication.

CareHQ is a user pays service and is available 7 days a week, 7 am- 7 pm.

Follow the prompts to register, book your appointment and watch the video tutorials to understand the teleconsultation journey.

Follow the CareHQ registration process below

CareHQ Service



Call 0800 100 038 if you require further assistance