



health  assured

 **Sovereign**  
Health Care

# Your Assistance Programme

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



Family Issues



Financial Wellbeing



Legal Information



Medical Information



Relationship Advice



Housing Concerns



Alcohol or Drug Issues



Childcare Support



Stress & Anxiety



Bereavement



Counselling



Consumer Issues

Download the Wisdom App

Unique code:

