



We've got you
with the benefits
of private healthcare



We've got you anytime, day or night

If you're struggling to see a GP our 24/7 GP Helpline is there 24 hours a day, 7 days a week.

We understand that when you're worried about your health, you don't want to wait. All our members can check in on their physical and mental wellbeing anytime through the Benenden Health App or by giving us a call.

"After 4 weeks of trying to navigate my local GP surgery econsultation system and getting nowhere, I remembered I have Benenden Health through work and could access a GP 24/7. I phoned today and booked an appointment, had my telephone appointment and collected my prescription all within a 4 hour period."

Fiona, Benenden Health member since 2021



24/7 GP Helpline

Call us anytime to make an appointment for a telephone consultation with a UK-based GP.



Private Prescriptions[^]

Prescribed over the phone to pick up from a pharmacy the next working day.



Online GP video consultations

Book a video consultation with a GP. Appointments are available from 8am to 10pm, every day, except on Christmas Day.



24/7 Mental Health Helpline

For immediate emotional support and guidance, call us anytime. We can help with dealing with stress, anxiety, bereavement, relationship issues, financial or legal concerns.

[^]Separate charges apply for the cost of medication and delivery.

A reminder of our services

Benenden Health provides private healthcare for everyone. Here's a glimpse of all the services you can access with your membership, many of which can be accessed through our Benenden Health App.



24/7 GP Helpline



Online face-to-face GP video consultations



Private Prescriptions



24/7 Mental Health Helpline



Medical Diagnostics¹



Surgical Treatment¹



Physiotherapy¹



Mental Health Support¹



Cancer Support¹



Care Planning and Social Care Advice



Online fitness classes, nutrition and relaxation sessions



Member rewards and discounts

To find out more about our Benenden Health services and how to access them



Simply scan the QR code or visit benenden.co.uk/erf

¹ Limits, exclusions and medical wait times apply.

We've got the healthy you too

When life gets busy, it can feel hard to keep up healthy habits. That's why we've made living well a little easier. The Benenden Health App is there for members to tap into, any time. Whether you're out and about or in the comfort of your own home our app is packed with ideas to help you take care of your wellbeing.

Fitness

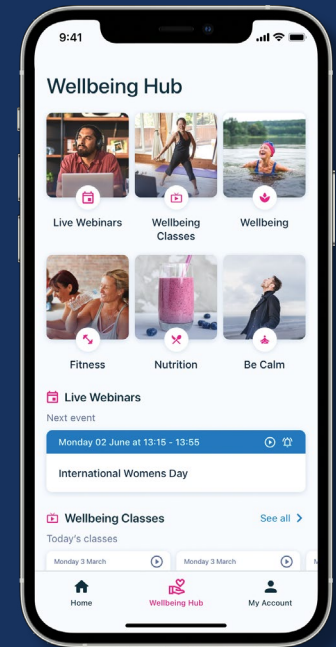
With our fitness section, you can try out more than 15 exercise programmes and 200+ exercise videos to help you stay fit and healthy.

Nutrition

Cook along to easy-to-follow video recipes and give your wellbeing a boost from the inside.

Be Calm

Relax with our Be Calm sessions such as Sleep aid, Reducing anxiety and stress, Increasing happiness and more.



Make the most of your membership

Members can also get service updates and health and advice tips sent straight to their inbox by signing up to our member emails on the Benenden Health App.

We'll get you moving again

As a Benenden Health member, you have access to our Physiotherapy service where you can call to request a physiotherapist to assess your condition over the phone or by video call.

They'll be able to recommend the best course of treatment, whether it's selfguided, virtual or face-to-face. And you won't need a GP referral to get started.



Find out more

Scan the QR code to find out more about Benenden Health services.

Or visit [benenden.co.uk/erf](https://www.benenden.co.uk/erf)



Benenden Health is a trading name of The Benenden Healthcare Society Limited. The Benenden Healthcare Society Limited is an incorporated Friendly Society, registered under the Friendly Societies Act 1992, registration number 480F. The Society's contractual business (the provision of tuberculosis benefit) is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority, FRN 205351. Verify our registration at register.fca.org.uk.

The remainder of the Society's business is undertaken on a discretionary basis. No personal recommendation has been given on the suitability of this product, if in doubt you should seek independent advice. Registered Office: The Benenden Healthcare Society Limited, Holgate Park Drive, York, YO26 4GG. Our Privacy Notice can be found at www.benenden.co.uk/privacy-policy or can be requested by calling us. This notice outlines how we use your data and also allows us to undertake a number of marketing activities. If you wish to object to these activities please refer to our Privacy Notice.

Save money along the way



With your Benenden Health membership you could save a massive £548** a year with our fabulous discounts and rewards.

- Guaranteed best prices on cinema tickets
- Up to 25% off gym memberships
- 25% off beauty, hair and spa
- 62% off golf memberships
- Up to 46% off sports, fitness and wellness products
- 3% off grocery shopping using gift cards



*Terms and conditions apply, see website for full details. Offers subject to change without notice. My Benenden Rewards is available to members of Benenden Health. Some benefits are managed by Benenden Health and some are available via Parliament Hill. My Benenden Rewards is managed and run for Benenden Health by Parliament Hill Limited. Parliament Hill and Benenden Health are not part of the same group as any of the product/service providers which together form the benefits scheme.

**This is the average member savings, which is correct as of 27/12/23 and based on a sample of 3,667 savings calculator entries with anomalies, repeated entries and top 20% removed. Savings generated from the calculator are not guaranteed and are based on you using specific benefits.