

Helping you with your cardiac health with Wellbeing Support



Being diagnosed with a heart condition or suffering a heart attack can be a frightening and overwhelming experience for you. It can mean the everyday things become harder, and you're likely to need help adjusting.

That's where Wellbeing Support, provided by RedArc Assured Limited, can help. It gives you and your immediate¹ family unlimited access to an experienced RedArc nurse throughout the life of your policy. Your dedicated nurse is there to listen and support you over the telephone every step of the way.

Though everyone is different, this illustration shows how RedArc nurses could help you with concerns about heart health.



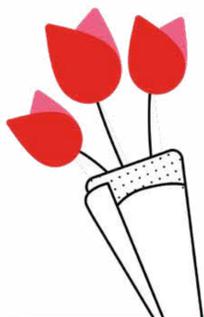
Concerned about heart health

You may be **worried about symptoms**, or have been told by your doctor to take better care of yourself

Your Wellbeing Support nurse can **give advice** and discuss potential **lifestyle changes**

You could be in **shock**, and **scared** about what could happen next

Your nurse can give you techniques to **manage your anxiety**, offer **recovery guidance** and share literature on cardiac rehabilitation



After suffering a heart attack

Consultation

You could be **worrying** about being given more bad news, and wonder what the **long-term impact** on your life will be

Your nurse could **prepare** you for their consultation, talk about **what to expect** from investigations, and help you **make sense of the outcome**



You could develop a **fear of exercising**, or worry you're having heart attack **symptoms** again

Your nurse can offer a **dedicated listening ear**, and talk about how you can **readjust gradually** to normal life

Heart health rehabilitation

You might feel **anxious** about going back to work, or have trouble **managing fatigue**

Your nurse could help with suggesting **workplace adjustments**, and give advice on **managing long-term side effects**



Going back to work

Living with a heart condition

You may feel **vulnerable**, or find it takes them a while to **get back to 'normal'**

Your nurse can help them with **maintaining lifestyle changes**, and support them with readjustment

How Wellbeing Support nurses take the burden off you



Tailor emotional support and practical advice



Signpost to charities, support groups and other helpful services



Recommend relevant resources such as books, leaflets and web links



Provide appropriate therapy or counselling, or arrange a second medical opinion, medical equipment or help at home

We're listening. So that you are supported.



¹ Immediate family is defined as the policy holder, your partner, and children living in the same household.

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