



Expert
Help



Giving you direct access to professionals in their field

When there's a health concern or question there's little more reassuring than speaking to somebody in the know. So, we make sure you always have access to experts in their field.

Benefit from:

Health at Hand



Call with health queries at any time

Available 24 hours a day, 365 days a year.

Who are the experts?

Nurses | Counsellors | Midwives* | Pharmacists*

* Nurse helpline open 24/7.

Midwives and pharmacists available: 8am to 8pm – Monday to Friday,
8am to 4pm – Saturday, 8am to 12pm – Sunday.

Years of experience

A listening ear

A kind word

A big heart

A helping hand

Ongoing support

Online health hub



Convenient online health information

- Access helpful online health centres bringing together the latest information from our own experts, specialist organisations and NHS resources.
- Topics cover a broad spectrum from ageing well, fitness and exercise, through to specific conditions and illnesses such as cancer, mental health, and diabetes.
- Put your questions to our own panel of experts.

Dedicated Heart and Cancer Nurse service



Ongoing reassurance and support from day one.

- If you're diagnosed with cancer or a heart condition we can put you in touch with our Dedicated Nurse service, to answer any questions you have.
- Access genuine help, support and understanding from friendly, qualified nurses.
- Available 24 hours a day, 365 days a year.

How to access

Health at Hand

Call **0800 027 1393**

Online health hub

Visit axahealth.co.uk/health-information

Dedicated Heart and Cancer Nurse service

Call our claims line on **0800 068 7111** and a member of the team will put you in touch with a nurse on diagnosis.

The Permanent Health Company Limited

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