

24 Hr Advice & Information Line

Confidential help and advice on medical, legal and domestic issues:

- Support for emotional problems like stress, anxiety and depression
- Legal information on debt, consumer, property or neighbour disputes
- Bereavement support
- Practical information on health issues

Call **0800 092 0987** and quote your scheme number



Call as often as you need

Access online resources including mood trackers, health checks and breathing exercises



Download the 'Wisdom' app

- Live chat and support
- Personalised news feed
- Weekly mood tracker
- Mini health checks
- Breathing techniques

Login to My Westfield to make a claim, check your balances and manage your account.

westfieldhealth.com/my-westfield

Please refer to your Plan Guide for full terms and conditions.

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