

Corporate Collateral

Soft Copy Flyer



WHERE THERE'S WELLBEING, THERE'S A WAY

We all know we should be striving to find balance in life. Whether you want to sleep more, stress less, lose weight or get fit, Aviva Wellbeing helps you achieve lifelong change – one easy step at a time.

Live smarter with Aviva Wellbeing



Aviva Wellbeing helps you build healthier habits to achieve your health, fitness and wellbeing goals, whatever your area of focus:



SLEEP BETTER



LOSE WEIGHT



GET FIT



REDUCE STRESS



LIVE HEALTHY



Personal

Individually tailored insight and dynamic digital content empowers you to reach your goals. The more you use Aviva Wellbeing, the more personalised your content becomes.



Connectivity

Works seamlessly with most popular devices, apps and wearables.



Motivational

Social sharing helps you support colleagues, and helps them support you.



Achievable

Flexible action plans help you go at your own pace.



User-friendly

Dashboards, progress charts and reminders pull in data from your supported apps and tech for a clear overview.



Challenging

Fun activities for every fitness level so you can challenge yourself and others.



Rewarding

Exciting offers, discounts and freebies help you stay motivated.



Confidential

We won't share your personal data with your employer.

Activate your account today

Simply click on the link in your welcome email



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