

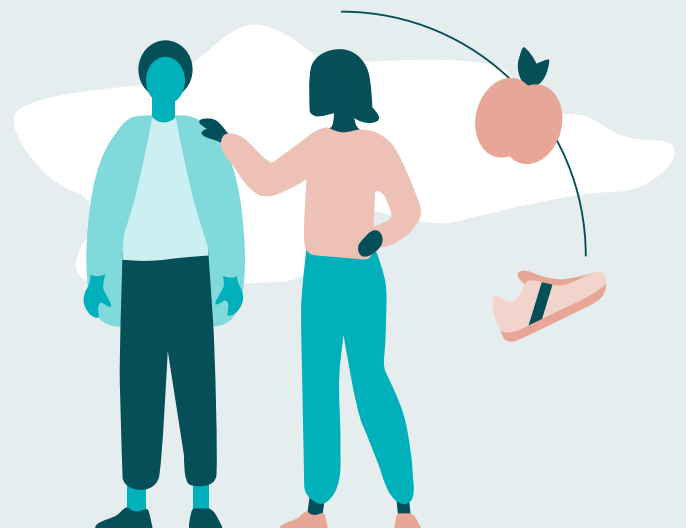


# Meet Vivo

## Your holistic health, wellness and recovery program

No matter where you are on life's journey, Vivo offers a range of health and wellness services that provide you and your immediate family\* with care and support when you need it.

Offered at no extra cost to those insured by MLC Life Insurance, Vivo helps unlock the value of your insurance today. From prevention to recovery, for both mind and body, see how Vivo can meet your individual needs to help live a healthier life.



# Services to suit your needs

Whether you're looking to improve your everyday health and wellness, dealing with a medical concern, or requiring recovery support, Vivo connects you with a global network of services and experts that can help.



## Vivo Wellness

**Get proactive with your wellness to maintain overall health**

Speak directly to dieticians and exercise physiologists about your fitness, nutrition, health and wellbeing goals. Benefit from personalised reports, programs and advice tailored to your needs.



## Vivo Health

**Access a global medical network for tailored advice**

Access a network of more than 50,000 leading specialists from Australia and around the world for a medical second opinion quickly. Have the confidence of Australian GPs providing personal, online answers within 24 hours.



## Vivo Recovery

**Get back on track after illness or injury**

Achieve your recovery goals and reconnect with your community, with the support you need to get back to what you love - at work and at home.



## Vivo Specialist Care

**Receive support for mental health, cancer and pain**

Take control of your mental health, cancer care and ongoing pain management with specialist guidance and coaching.

## Vivo Virtual Care

Vivo Virtual Care offers quick and convenient access to online services that you and your immediate family can use every day. Completely confidential, these services can be accessed at any time and as often as you need them.



# How to get started

Vivo is your go-to program to access a network of experts providing the care and support you need to achieve your health, wellness and recovery goals. When you're insured by MLC Life Insurance you can:

- ✓ Access Vivo at no additional cost
- ✓ Explore all Vivo has to offer at [vivowellbeing.com.au](https://vivowellbeing.com.au) and get started today.

