



AIA MyCare

A CALM MIND IS A TAP AWAY

How is your emotional wellbeing?

If something is weighing you down, talking to someone can help. Speak to the Teladoc Health team of New Zealand registered and licensed experts and receive ongoing support from a mental health nurse from the privacy of home or anywhere you feel comfortable.

AIA MyCare Mental Health Navigator can help with:

- Anxiety
- Depression
- Stress/PTSD
- Panic disorder
- Family and marriage

MyCare is available to you and your immediate family* as part of your corporate policy with AIA and Teladoc Health.

Quick, convenient and no cost to you
Schedule a session today

www.aiamycare-teladoc.com | 0800 425 005

* Immediate family includes your partner (spouse, civil, or de facto), children (any age), and parents (incl. in laws)

Please keep in mind that in order to use Mental Health Navigator, you must be at least 18 years old and residing in New Zealand. MyCare is not insurance and does not replace your current doctor or medical professional. Before making any insurance decisions, should consult a professional Adviser.



HEALTHIER. LONGER.
BETTER LIVES