



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 provided by Teladoc Health as part of your corporate policy with AIA New Zealand Limited (AIA).

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

www.aiamycare-teladoc.com | 0800 425 005

Please keep in mind that AIA MyCare is not insurance (including health insurance) and does not take the place of the member's present doctor or medical professional. To utilise Mental Health Navigator, members must be 18 years or over and residing in New Zealand.



HEALTHIER. LONGER.
BETTER LIVES