

# MetLife 360Health

Live healthier for longer



MetLife 360Health, awarded Best Overall Health and Wellbeing Program 2023<sup>1</sup>, provides you with access to expert medical advice and services to support your health and wellbeing. Plus, if you have a partner, children or parents<sup>2</sup>, they too can get access.

Choose from a suite of award winning health services, from nutrition, mental health, fitness and recovery advice at no extra cost, all from the convenience of your own home.

1. Plan For Life's Excellence Award - Best Overall Health and Wellbeing Program 2023.  
2. The term 'parents' also includes 'parents in law'.



## What is MetLife 360Health?

MetLife 360Health offers you confidential access to global expert specialists, general practitioners (GP)/doctors and mental health clinicians to assist you with gaining greater confidence and clarity on medical concerns.

This service is provided at no extra cost.



## What services can I access?

MetLife 360Health offers a range of services including:

### Medical

- Medical opinions from global experts and specialist doctors who will review your medical files to provide their clinical opinion and treatment recommendations.
- Ask a question and receive a response from a GP or paediatrician within 24 hours.

### Mental Health

- Book an in-depth mental health review.<sup>3</sup>
- Ask a mental health question and receive a response from an expert within 24 hours.

### Nutrition

- Book a nutrition consultation with a dietitian.

### Fitness and Mobility

- Seek advice and a personalised plan from an exercise physiologist to help with fitness or recovery.

3. To access Mental Health Assist you need to be 18 years old or above.



## How do I access the services?

Easily access MetLife 360Health online by scanning the QR code:



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