

IoD



**Get the YuLife app for free  
with your IoD membership**

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Benefits  
Programme

**yu** life



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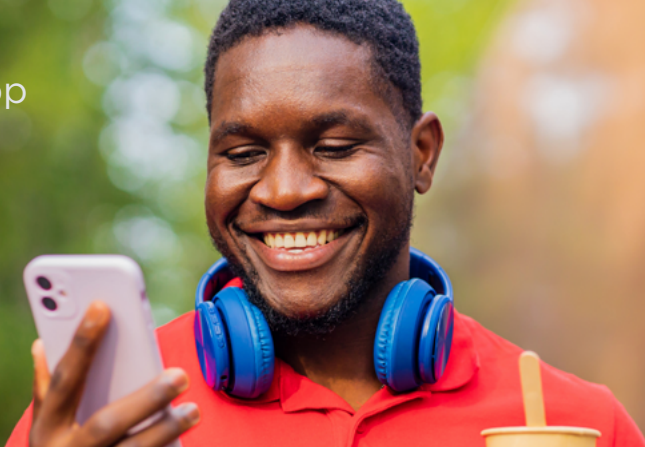
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YuLife app



You can't work to your highest potential without taking care of your mental and physical health. That's why, as an IoD member, you get access to the YuLife app to support your health and wellbeing. And it's exclusively included in your membership, at no extra cost.

The app provides access to over £1,000 of value per annum, including:

- **Rewards from your favourite brands** including vouchers for wellbeing activities such as walking and mindfulness.
- **YuDoctor:** a free 24/7 Virtual GP with unlimited access for you and your immediate family members, including private prescriptions and open referrals.
- **YuMatter:** a free Employee Assistance Programme (EAP) with face-to-face short term counselling, and computerised Cognitive Behavioural Therapy support, available to you, your spouse and children over 18.

Find out more about YuLife

[iod.com/s/health-wellbeing](https://iod.com/s/health-wellbeing)  
[iod@yulife.com](mailto:iod@yulife.com)

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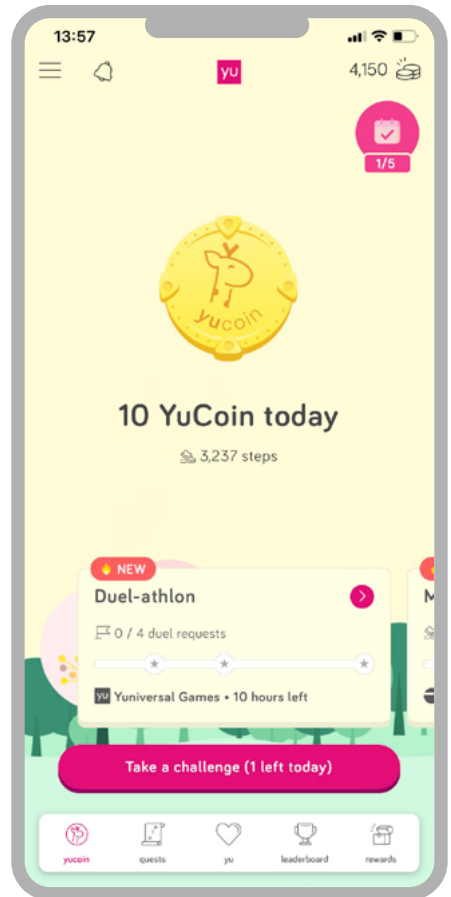
## How to claim your account and download the app

After joining the IoD, you should receive an email titled 'Your complimentary health and wellbeing app', with a link to claim your YuLife account.

Simply click the link in the email and complete your details when prompted.

You will then receive another link to your email inbox to finish your account setup. Once completed, you will be presented with a dashboard page which presents a QR code to download the YuLife app. You can also find it in your smartphone's app store.

Alternatively, visit [iod.com/s/health-wellbeing](https://iod.com/s/health-wellbeing) or email [iod@yulife.com](mailto:iod@yulife.com) to claim your account and get help.



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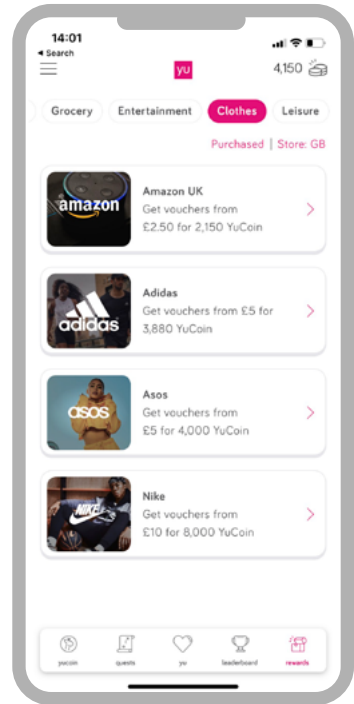


# YuCoin

The YuLife app incentivises you to live your best life. You earn YuCoin - the currency of wellbeing - for tracking your daily activity and participating in quests, challenges and competitions.

You can then exchange YuCoin for vouchers and discounts from brands such as Amazon, as well as donations to charities and other good causes such as planting trees or donating meals.

Once you have downloaded the YuLife app and accepted the prompt to sync with Apple Health or Google Play Services, you can start being rewarded for daily core activities. You are rewarded for activity up to the daily limits - even if you haven't logged into the app!



## Earn YuCoin for:

- Every 2,000 steps walked
- Every mile cycled
- Every five minutes spent on mindfulness
- Daily brain training

### Find out more about YuLife

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# Leaderboard

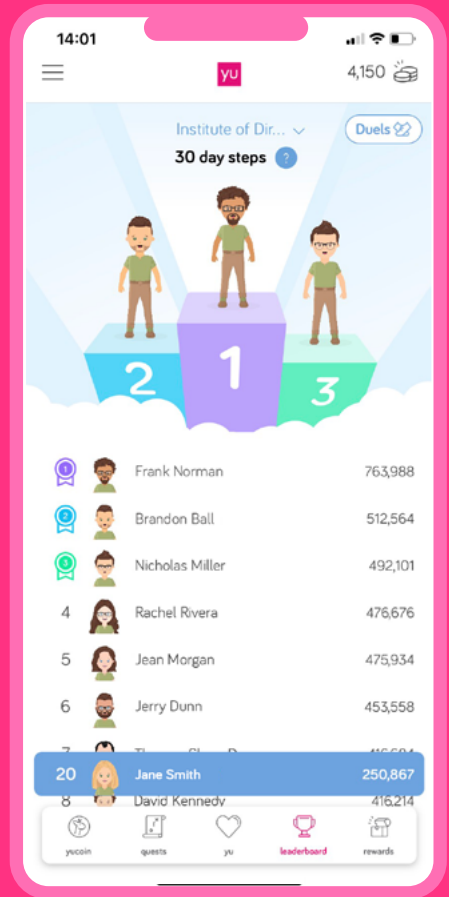
YuLife uses behavioural science and gamification to keep you and your peers engaged with your wellbeing. After all, games are better when we play together, whether it's friendly competition or ramping up the efforts of your team to achieve a common goal. Competing for the podium on the Leaderboard

If you opt-in to the IoD leaderboard, your activity will be visible to other IoD members. The top three people on the leaderboard earn a place on the podium!

The Leaderboards work on 30 days rolling activity. Every time you open the app, your steps are updated from the last 30 days. As a result, the Leaderboard

is constantly changing and to maintain the top spot, you need to maintain or increase activity every day.

And, there's a leaderboard for the speediest Yudoku solvers too!

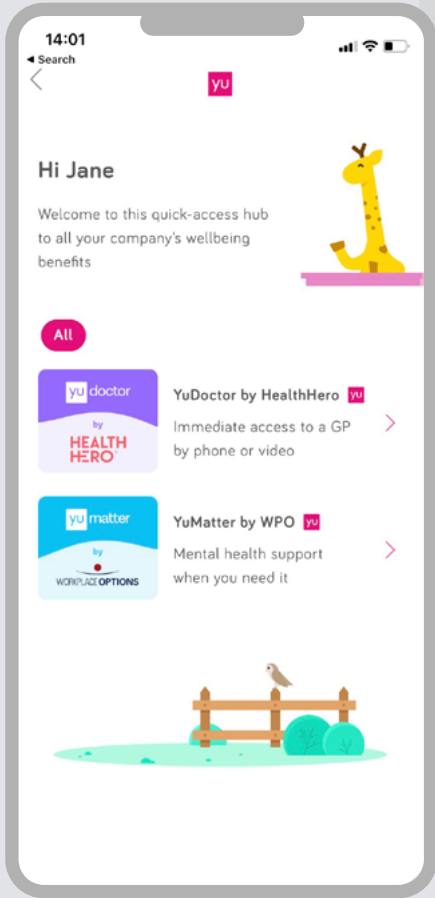


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# Wellbeing Hub



**YuLife's wellbeing hub is a quick-access hub to your wellbeing benefits - YuDoctor and YuMatter.**

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## YuMatter (Employee Assistance Programme)

Access to mental health support YuMatter, YuLife's employee assistance programme, lets you help you and your immediate family with 24/7 access to mental health support. YuMatter helps you take proactive care of your wellbeing; reducing stress and boosting your overall wellness and engagement through a completely confidential service.

### **YuMatter includes:**

#### **24/7 access to mental health experts:**

Whatever the day or hour, your employees can access clinically trained mental health experts.

#### **Structured clinical counselling:**

Your employees can choose whether to have phone, video or face-to-face sessions with a clinician.

#### **Bereavement counselling:**

Employees can access advice and support for managing grief.

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## YuDoctor (Virtual GP and Healthcare Services)

Access to instant online medical support, YuDoctor gives you and your dependents the 24/7, 365 days a year medical support you need, boosting health, happiness and productivity.

### **YuDoctor includes:**

#### **24/7 unlimited access to experienced GPs:**

Access to a virtual GP by phone or video for medical advice and more.

#### **Private prescriptions:**

GPs can issue private prescriptions for collection, or direct delivery to local pharmacies.

#### **Open referrals and fit**

**notes:** Support employees after sickness absence with consultations and fit notes to return to work, or open referrals for onward care.

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## Get in touch

YuLife is a tech-driven group insurance company on a mission to inspire life and turn financial products into a force for good by harnessing the power of gamification and the latest behavioural science, to reward healthy living and put everyday wellness within reach of everyone.

**For full details visit [iod.com/s/health-wellbeing](https://iod.com/s/health-wellbeing).**

For any technical queries and issues with accessing your account or downloading the app, please email YuLife's support team at [iod@yulife.com](mailto:iod@yulife.com).

If you have downloaded the app but need assistance, please use the in-app chat for immediate support.

For any other queries, please email the IoD's membership team at [memberrelations@iod.com](mailto:memberrelations@iod.com).



**The YuLife App motivates me to walk more every day and improve my wellbeing. I also get YuCoins for being active and healthy, which I can redeem for great perks.**

### **Sasta Ullah MIOD**

Chartered Financial Planner,  
Robson Lister Wealth Management

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