

Say hello to health and wellbeing in your pocket.

All Smart Health services are available on the app. Get started using our access code:

24/7 online GP

myStrength app

24/7 mental health helpline

Legal and financial support

Mental health support

Health check

Second medical opinion

Fitness plans

Nutrition advice

Using the Smart Health app is easy – *appy days*

SmartHealth



Smart Health is provided to AIG Life Limited customers by Teladoc Health. We want to let you know that these services are non-contractual, which means they don't form part of the insurance contract with us. If our partnership with Teladoc Health ends, these services could be changed or withdrawn in the future.

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Looking after yourself has never been so easy.



Get access to expert health services 365 days a year including:



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