

LEGAL & GENERAL HEALTHY LIVING

# A NEW YOU.

Our customers' wellbeing is important to us. So we're offering free access to Healthy Living for our new protection customers. It's a step towards helping you lead a healthier lifestyle.

Legal & General working in association with:

Sainsbury's Bank

  
Legal &  
General



## WHAT IS HEALTHY LIVING?

It's our innovative online tool that enables you to assess, monitor and improve your health. It's available when you want it.

Once you register, we ask you questions about your health and lifestyle. We'll then provide you with your own personal Q Score. This score gives you a good indication as to how you compare healthwise with 100 people of the same age, race and gender.

You'll then have the opportunity to set goals to help you improve your Q Score. We'll help you to build an action plan to meet these goals, for example, with changes to your diet.

We can even provide you with regular e-mails on health and wellbeing related topics, relevant to you.

## NEED A BREATHER?

We know that taking out financial protection is important and you may have enough to think about. That's why we'll send you details on how you can register for your free access to Healthy Living at a later date with your policy Terms and Conditions, should you take a policy with us.

We may amend or withdraw this service at any time. 'Our', 'we' and 'us' in this leaflet refers to Legal & General.



### Legal & General's Healthy Living

Powered by **roadtohealth**



In developing Healthy Living, Legal & General have partnered with **roadtohealth**, a leading provider of membership based health programmes.

Q Score is a registered trademark of the **roadtohealth** group.



#### Legal & General Assurance Society Limited

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