

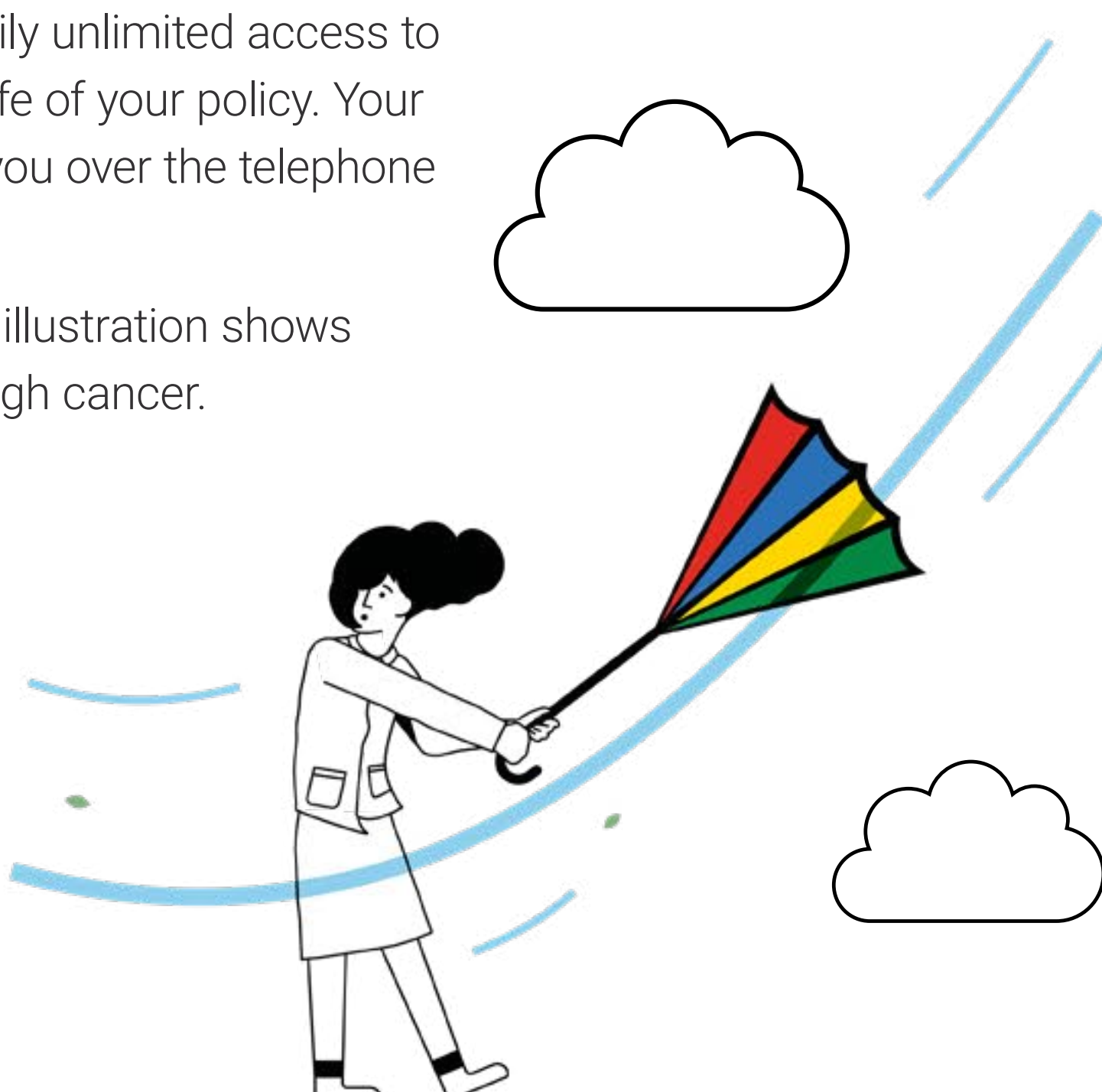
Helping you through cancer with Wellbeing Support



Being diagnosed with cancer can be a life-changing event for you. It can emotionally impact those around you too, so you're likely to need additional help.

That's where Wellbeing Support, provided by RedArc Assured Limited, can help. It gives you and your immediate¹ family unlimited access to an experienced RedArc nurse throughout the life of your policy. Your dedicated nurse is there to listen and support you over the telephone every step of the way.

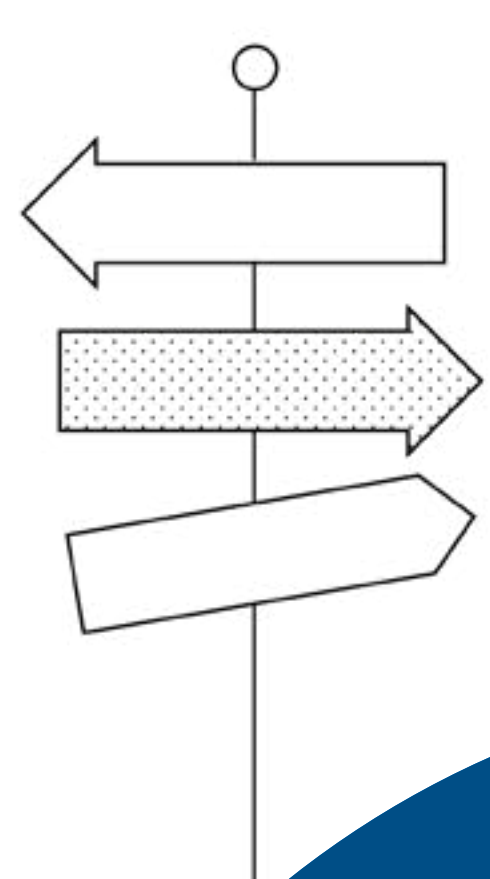
Though everyone's experience is different, this illustration shows how RedArc nurses could help guide you through cancer.



Onset of symptoms

You may feel **worried** and **anxious**, and be **confused** about what comes next

Your Wellbeing Support nurse can **reassure** you, **encourage** you to see your GP and help you prepare for the appointment



Diagnosis

You might be in **shock**, **worried** about treatment and be unsure how to tell family

Your nurse can **listen**, explain treatment options and **give advice** on telling loved ones

After surgery

You could **feel isolated**, in **pain** and unable to cope

Your nurse could offer **reassurance**, discuss pain management and **arrange help at home**

You might be **frightened**, and **worry** if you're making the right choice

Your nurse can **reassure** you, and arrange a **second medical opinion**



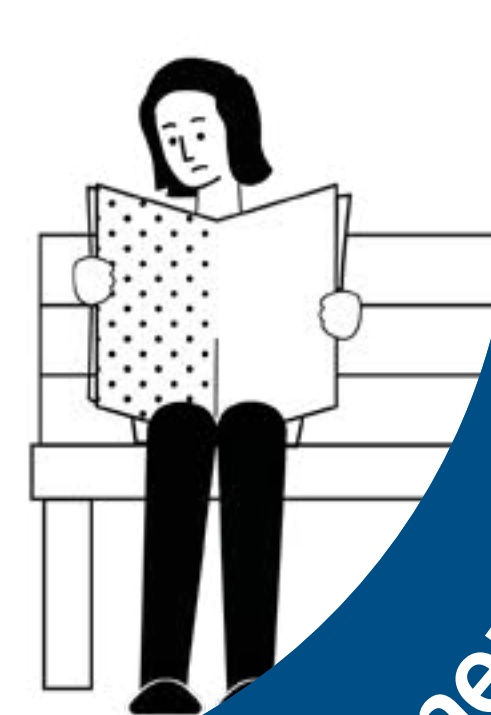
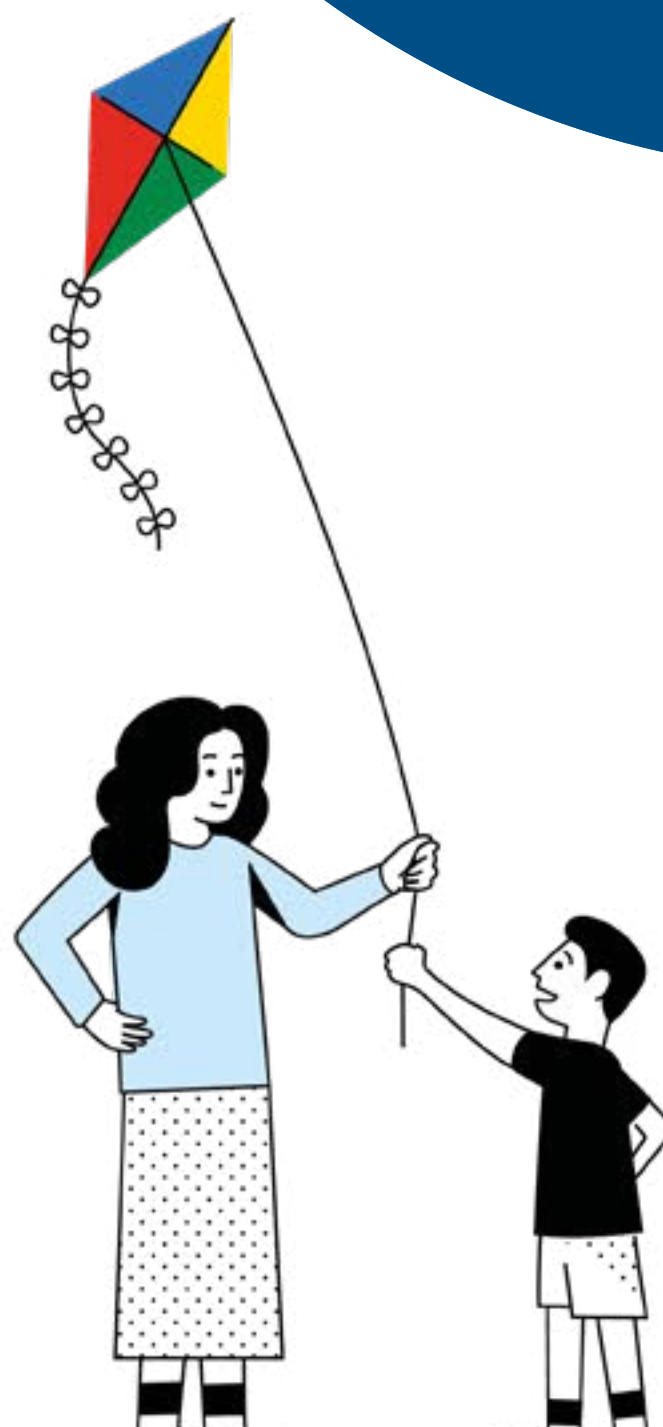
You could be dealing with **side effects**, and feel like a burden

Your nurse could offer **support** with side effects, and **share techniques** to help deal with feelings

Starting treatment

You could **worry if treatment has worked**, and if your final tests are clear

Your nurse can **listen** to your concerns, **help** with coping strategies and **discuss** next steps



Life after cancer

You could **worry the cancer will return**, and find it difficult to readjust

Your nurse can discuss **managing long-term side effects** and help you get back to work

After treatment

How Wellbeing Support nurses take the burden off you



Tailor emotional support and practical advice



Signpost to charities, support groups and other helpful services



Recommend relevant resources such as books, leaflets and web links



Provide appropriate therapy or counselling, or arrange a second medical opinion, medical equipment or help at home

We're listening. So that you're supported.



¹ Immediate family is defined as the policy holder, your partner, and children living in the same household. Wellbeing Support is provided by third parties that aren't regulated by the Financial Conduct Authority. These services aren't part of our terms and conditions, so can be amended or withdrawn at any time. Legal & General Assurance Society Limited. Registered in England and Wales No. 166055. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registered office: One Coleman Street, London EC2R 5AA. Information correct as of May 2021.