



Olive

ALLIANZ CARE'S HEALTH & WELLNESS SUPPORT PROGRAM

*Your first steps
towards a
healthier life*

In today's increasingly busy world, we recognise the importance of staying healthy. Olive*, our health and wellness support program, will motivate and guide you towards a healthier life. Discover our Health and Wellness hub and the Allianz Healthsteps app.

HEALTH AND WELLNESS HUB

Our Health & Wellness Hub offers you a range of services gathered in one convenient place to support you on your journey to a long, happy and healthy life.

Take the first step!

You can access the Health and Wellness Hub via our MyHealth Digital Services or at www.allianzcare.com/en/support/health-and-wellness/hub/index.html.

*The Wellness resources contained within Olive are for informational purposes only. These resources should not be regarded as a substitute for medical advice, physical or psychological assessment, or for the assessment or care that you may need from your own doctor. You understand and agree that AWP Health & Life SA (Irish Branch) and AWP Health & Life Services Limited are not responsible or liable for any claim, loss or damage, directly or indirectly resulting from your use of the services and resources contained within Olive.

**Online assessments do not provide a diagnosis and are not intended to be a substitute for professional psychological assessment or for the assessment or care that you may need from your own doctor.

Become healthier with:

Tips and articles on topics such as sleep, fitness, emotional wellbeing, etc

Online health assessments**

Our BMI calculator

Our monthly live webinars with Q&A session



HealthSteps

**THE ALLIANZ
HEALTHSTEPS
APP GIVES YOU
PERSONALISED
GUIDANCE TOWARDS
REACHING YOUR
FITNESS GOALS.**

Track your daily activity

Get personalised guidance towards reaching your fitness goals. HealthSteps tracks your daily activities, including steps taken, calories burned and sleep schedule by connecting to your mobile device and apps such as Fitbit, Apple Health, Google Fit, Dailymile, FatSecret, Nokia Health (Withings), Misfit and Strava.

Push your limits

Set challenges based on steps, calories, distance and keep yourself inspired and motivated to reach your health and fitness goals.

Share with your friends

Get encouragement from your friends by sharing your performance and inviting them for a group challenge.

Get started now!

Allianz HealthSteps App is available in English, French, Spanish and Italian. Simply download HealthSteps from App Store or Google Play.



***The HealthSteps App is provided by a third party provider (Tictrac Limited) and made available to you subject to your acceptance of the terms and conditions of Tictrac Limited as they appear on the HealthSteps App. The HealthSteps App does not provide medical or health advice and it is not a substitute for professional advice, diagnosis or treatment. You understand and agree that AWP Health & Life SA (Irish Branch) and AWP Health & Life Services Limited are not responsible or liable for any claim, loss or damage, directly or indirectly resulting from your use of the HealthSteps App.



Set your goals

Choose one of our action plans and get access to a list of tailored activities, recommended actions, articles and other reminders based on your goal, unique needs, habits and routines.

Some of the Allianz HealthSteps App action plans:

- Healthy Eating
- Sleep Better
- Better Posture

For further details, please visit
www.allianzcare.com/en/support/health-and-wellness/healthsteps.html