**Mental Health Navigator**

Access mental health specialists for an assessment, tailored treatment plans, and to find local clinicians

**Expert Medical Opinion**

Get a second opinion on diagnoses and treatment plans

**Nutrition Consult**

Talk to a dietitian to build a custom nutrition plan that suits your goals and lifestyle

**Fitness Consult**

Work with an exercise physiologist to tailor a fitness plan to your ability, goals, and lifestyle

**Grief and Carer Support**

Receive support when caring for a loved one in their last stage of life or grieving their loss

Vivo Virtual Care

Enduring care. Anytime. Anywhere.

Get quick and easy access to confidential support from leading health and medical experts at any time through Vivo Virtual Care.

It's offered to you and your family¹ at no extra cost when you're insured by Acenda.

Get started today
Visit vivovirtualcare.com.au to sign up



Vivo Virtual Care services in detail

Put your family's health and wellness first by accessing Vivo Virtual Care services at any time and at no extra cost.

Fitness Consult

Work one-on-one with an exercise physiologist over a video call to develop an exercise plan that suits your fitness levels, goals and lifestyle. A consultation can help if you're already active, managing an existing condition or just starting to get fit.



Mental Health Navigator²

Have a phone conversation with a psychologist to receive a professional evaluation of your mental health and recommendations for ongoing care. You'll receive a personalised treatment plan and the assistance to implement it, working alongside your local GP.



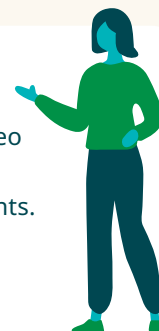
Expert Medical Opinion

Get a second opinion on your current health condition from a leading specialist with a comprehensive report of their findings. You will also have the opportunity to ask them questions during a phone call to gain a clearer understanding of your diagnosis and treatment options.



Nutrition Consult

Connect with a dietitian through a video call to create a customised meal plan tailored to your nutritional requirements. This service can be beneficial whether you're preparing for a sports event, aiming for a healthier weight, dealing with allergies or food sensitivities, or managing a medical condition.



Grief and Carer Support

When caring for a loved one in their final stage of life, or grieving their loss, it's important to seek out emotional and practical guidance. Access trained guides and self-guided online resources for help with navigating difficult conversations surrounding planning, aged care, care directives, guardianship, funerals and more.



Why use Vivo Virtual Care?



Available at
no extra cost



Use it at
any time



100%
confidential



Easy online
access



For your
family too¹

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¹Family members include your children (under parental supervision), your partner, your parents and your partner's parents.

²Mental Health Navigator is only available for those aged 18 years or older.