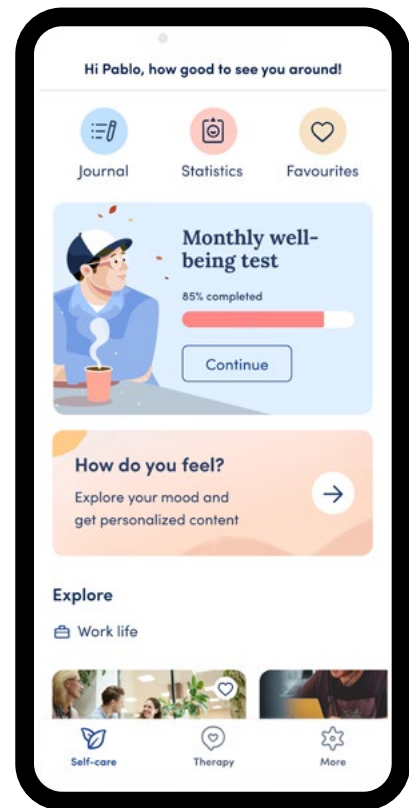


Make mental wellbeing a priority: Introducing ifeel

In today's rapidly evolving landscape, mental health coverage is increasingly vital. With one in four adults experiencing at least one diagnosable mental health problem in any given year, mental health problems represent the largest single cause of disability in the UK¹. As demand for mental health support continues to rise, Chubb recognizes these challenges and is dedicated to assisting organizations in obtaining the necessary support.

Introducing *ifeel*

Chubb has partnered with ifeel, a leading provider of mental wellbeing solutions, to offer our Accident & Health policyholders access to a comprehensive, user-friendly platform at no additional cost.



1. Source: NHS England article <https://www.england.nhs.uk/mental-health/adults/>

Easy registration

The registration process is straightforward and via the Chubb Travel Smart app. All that is required is your Chubb Accident & Health policy number to gain instant access to the ifeel platform.

Why choose ifeel with Chubb?

Mental health challenges can accumulate over time, resulting in increased costs and diminished productivity. The solution has been specifically chosen by Chubb to provide both prevention and intervention, ensuring that your organization can proactively support the mental health and wellbeing of its employees.

For additional information

To learn more about this exclusive offering from Chubb and how it can enhance your organization's support for mental wellbeing, please visit Chubb ifeel or consult your usual Chubb contact.



What you will receive with *ifeel*

- ✓ **Unlimited access to self-care tools:** Benefit from a personalized wellness dashboard tailored to your specific needs.
- ✓ **Private therapy chat rooms:** Engage directly with licensed therapists via live chat, ensuring a completely confidential experience.
- ✓ **Holistic support:** Collaborate with a team of qualified psychologists who are prepared to support you throughout your journey.
- ✓ **Continuous learning:** Access ongoing content that encompasses articles, audio resources, and exercises designed to enhance your mental wellbeing.
- ✓ **Mood tracker and journaling:** Utilize tools that enable you to monitor your feelings and thoughts, facilitating your emotional growth.
- ✓ **Breathe assistant:** A guided resource to assist you in relaxation and focus.
- ✓ **Well-being checklist:** Complete a private assessment using Ryff's renowned 18-question test in just 7 minutes, with all results remaining confidential.

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