



When you don't know where to turn

We're here to guide you

What is **Health at Hand**?



Our Health at Hand information service is on call around the clock. Pick up the phone and you can speak to experienced health professionals any time, day or night, every day of the year.

How Health at Hand can help you

Qualified nurses are available night and day to give you the benefit of their expertise. In addition, you are also able to speak to midwives and pharmacists at the following hours:

8am – 8pm Monday to Friday

8am – 4pm Saturday

8am – midday Sunday

If appropriate, they can also send you written information and give you a follow-up call if requested, should you have any further questions. Whilst the Health at Hand service does not diagnose or prescribe and it is not designed to take the place of your GP, it can provide you with valuable information to help put your mind at rest.

Health at Hand offers a range of telephone based support specialising in a variety of health and medical topics including:

Healthy Living

- exercise and sports injuries
- diet, nutrition and weight control
- drinking and smoking
- disease management – asthma, arthritis, diabetes
- blood pressure and cholesterol control
- cosmetic surgery
- skin care
- complementary medicines – for example, osteopathy, acupuncture and chiropractic care.

Pills and Prescriptions

- medicines and potential side-effects
- mixing drugs
- pain relief
- the latest research findings
- medical statistics.

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Call. Any time. Whatever the reason.

0800 531 6091

www.axabesupported.co.uk

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PPP HEALTHCARE

redefining / healthcare



Family

- from pregnancy to care of the elderly
- behavioural issues for children
- bullying
- caring for sick family members
- first aid
- eating disorders
- teenage troubles - acne, sex, self-harm and drugs
- separation and divorce
- anything you forgot to ask your own GP
- what to expect before surgery and aids to rapid recovery.

Men's Health

- prostate issues
- testicular cancer
- sexual issues
- fertility

Women's Health

- fertility
- menopause and HRT
- cervical cancer
- sexual issues
- hysterectomy
- osteoporosis.

Travel

- what inoculations and other health precautions you should take before travelling
- detailed information by country and principal regions
- where to get inoculations
- taking children on holiday
- support while far from home
- finding the nearest English-speaking doctor or dentist whilst abroad.