



**Teladoc**<sup>®</sup>  
HEALTH

# Looking to improve your fitness or nutrition?

## Available via our UniMed health insurance plan:

- Confidential access for employees to registered dietitians, exercise physiologists or physiotherapists
- One-on-one support
- Tailored action plan
- Follow-up appointments

Scan the QR code to learn more.



FIND OUT MORE

Eligibility criteria may apply to some benefits. Visit the UniMed website for details.

**UniMed**

unimed.co.nz