



# Health services for you and your family

With Avonova Assist!

**avonova**

# Congratulations!

*You and your family are guaranteed quick and efficient help when needed.*

Your company understands the value of having employees with a balanced life - both at and outside of work. That is why they have invested in Avonova Assist.

## With Avonova Assist, you have access to:

- Doctor and psychologist on video
- Vaccination services
- Medical advice
- Your own health coach
- Couples therapy on video
- 24/7 crisis hotline
- Financial advising



\*We continuously work to develop our products and services so that our customers experience the maximum value. Therefore, the contents of the package may vary depending on the time of purchase and selected add-ons.



### Get started easily!

Scan the QR code to view all the services available to you through Avonova Assist.



## Did you know...?



### PHYSICAL HEALTH

Physical activity reduces the risk of death from cardiovascular disease by **50%**.



### RELATIONSHIPS

**2 out of 3** couples who go to therapy experience an improvement in their relationship.



### MENTAL HEALTH

**7 out of 10** people who receive mental health support either fully recover or experience improvement.



### ADDICTION

**7 out of 10** people treated for gambling addiction recover.



### PERSONAL FINANCE

Simple saving strategies can improve your finances by up to **10%** each month.



The service  
is free for  
you and your  
household

PHYSICAL HEALTH

## VIDEO DOCTOR WITHIN 15 MINUTES

Get help from a doctor wherever you—or your family members—are, as soon as the need arises!

Whether you're at the cabin, at the office, on vacation, or at home, as long as you have a mobile phone or computer available, you have access to a doctor.

### Benefits:

- Unlimited consultations
- Drop-in within 15 minutes
- Open **365 days** a year
- Weekdays: **07:00-22:00**
- Weekends and holidays: **10:00-22:00**



### Get started easily!

Scan the QR code to book an appointment with a video doctor. You can find the access code in **My Avonova** or get it from your employer.

## We can help you with:



Allergies



Anxiety



Asthma



COVID



Eczema



Depression



Flu



Prescriptions



Skin  
conditions



Sleep issues

*\*This is just a selection — for the full list, go to [eyr.md/en/](https://eyr.md/en/)*



### Get started easily!

Scan the QR code to book an appointment with a video doctor. You can find the access code in **My Avonova** or get it from your employer.





*The service  
is free for  
you as an  
employee.*

## PHYSICAL HEALTH

# YOUR PERSONAL HEALTH COACH

Through the health app, you have access to a world of inspiration and tips on nutrition, health, and fitness. You also get your very own health coach!

### Benefits:

- Personal health coach to help you with fitness and nutrition
- Digital workout journal
- Customized training programs
- Nutrition tips
- Recipes for delicious and nutritious meals
- Free articles on fitness and nutrition



### Get started easily!

Scan the QR code to begin making lasting lifestyle changes. You can find the access code in **My Avonova** or get it from your employer.



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## MENTAL HEALTH

# PSYCHOLOGIST WITHIN 10 DAYS

Through Avonova Assist, your entire household has access to a video psychologist, making help available within 10 days!

### Benefits:

- Up to 10 consultations per year, lasting 45 minutes each\*
- No referral needed
- Treatment plan in consultation with a psychologist
- Access to digital self-help tools
- Short waiting times

### Opening hours:

Weekdays: **08:00-20:00**

*\*Additional consultations available depending on psychologist's assessment*



### Get started easily!

Scan the QR code to book an appointment with a video psychologist. You can find the access code in **My Avonova** or get it from your employer.



*The service  
is free for  
you and your  
partner*

## RELATIONSHIPS

# WORK PROACTIVELY ON YOUR RELATIONSHIP

Do you and your partner need tips and advice to reignite the spark in your relationship? Take action before challenges grow

### Benefits:

- Downloadable app with advice and tips from experienced relationship therapist
- Inspiration and motivation for making lasting steps that will strengthen your relationship
- Weekly tasks, challenges, and assessments



### Get started easily!

Scan the QR code to take your relationship to new heights! You can find the access code in **My Avonova** or get it from your employer.



*The service  
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you and your  
partner*

## RELATIONSHIPS

# GET SUPPORT FOR YOUR RELATIONSHIP

Need help getting your relationship back on track? Through Avonova Assist, you and your partner have access to couples therapy via video.

### Benefits:

- Access to relationship therapists and psychologists via video
- Customized treatment plan
- Close follow-up to ensure progress in line with the treatment plan
- 5 consultations per year



### Get started easily!

Scan the QR code to book an appointment with a couples therapist on video. You can find the access code in **My Avonova** or get it from your employer.



The service  
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you as an  
employee

CRISIS SUPPORT 24/7

## GET HELP WHEN A CRISIS OCCURS

Get help when needed. Our crisis hotline is available 24/7, 365 days a year.

### Benefits:

24/7 crisis hotline staffed by healthcare professionals with specialized expertise in crises and addiction.

### Help, support, and advice in relation to:

- Occupational accidents, fatalities, robbery, violence, natural disasters, terrorist attacks, etc.
- Addiction
- Trauma
- Stress and grief



**Call us at:**  
81 00 24 00.



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PERSONAL FINANCE

## GAIN CONTROL OF YOUR FINANCES

With high interest rates and rising prices, making ends meet can be challenging. Fortunately, Assist provides you with helpful advice and action plans.

### Benefits:

- Up to 10 consultations per household member (over 18 years old) per calendar year
- Help with creating budgets
- Full overview and assistance with debt refinancing
- Long-term plan to improve liquidity and build an emergency fund



### Get started easily!

Scan the QR code to learn more about the service. You can find the access code in **My Avonova** or get it from your employer.



# You're in safe hands at work too.

Your company has not only ensured that you and your family receive prompt and necessary help when needed. Through Avonova Assist, you are also guaranteed a safe and health-promoting workplace.



## PERSONAL ADVISOR

A dedicated Avonova contact person to help your company meet legal requirements and establish the best possible HSE practices.



## MANAGER SUPPORT

Specialists who assist managers with challenging cases, such as legal questions and absence management.



## RISK ASSESSMENT

At the start of the customer relationship, an initial digital assessment of the company is conducted, tailored to industry and risk factors.



## PERSONAL HEALTH EXAMINATION

As a nationwide occupational health service with over 50 locations across Norway, we offer employees a wide range of health services related to work.



## HR-SYSTEM

Your company has invested in a complete system for HR tasks, including templates for appraisal interviews, a calendar for vacation and absence registration, and surveys.



## EMPLOYEE SURVEY

We offer an employee survey developed in Norway, based on both Norwegian and international research on stress and motivation.



## HSE SYSTEM

A digital system with instructions, routines, non-conformity reporting, and improvement suggestions. It includes a dedicated digital HSE handbook and an overview of all completed and planned HSE work.



## MANDATORY COURSES AND WEBINARS

The Avonova Assist agreement includes mandatory courses, as well as a selection of courses and webinars with unlimited attendance.

# Enhance your company's competence

Through Avonova Assist, employees can participate in both mandatory courses and various topic-specific courses.

## Mandatory courses

12 course spots included during the agreement period:



### HSE Course for Managers

 In-person / Digital / E-learning



### Introduction to HSE

 In-person / Digital



### Introduction to HSE - Construction (available in Norwegian only)


 In-person / Digital

## Topic-specific courses

Unlimited course spots included during the agreement period:



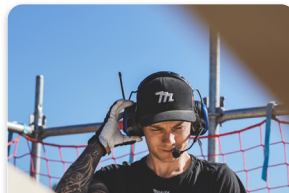
### Basic First Aid – Theory (available in Norwegian only)

 E-learning



### First Aid for Electrical Accidents – Theory (available in Norwegian only)

 E-learning



### Workplace Noise (available in Norwegian only)

 E-learning



### Sign up here

As a customer, you also receive a **25% discount** off the market price on all our courses.

# What customers say about Avonova Assist

## PHYSICAL HEALTH | MONA

“At 2 p.m. on Friday, we got confirmation that our son had conjunctivitis. We couldn't reach our regular GP, but the video doctor was available. We got the medication and started the treatment on Friday instead of waiting until Monday. An excellent solution, as I could go to work on Monday instead of waiting all weekend to see the doctor.”

## MENTAL HEALTH | DANIEL

“Out of nowhere came the news no one in our family wanted to hear. I needed help and was able to speak with a video psychologist the very next day. I'm still working, taking care of my family, and looking after myself. I am forever grateful that this quick help was available, helping me avoid a longer sickness absence.”

## COUPLES THERAPY | MARTE OG FRIDA

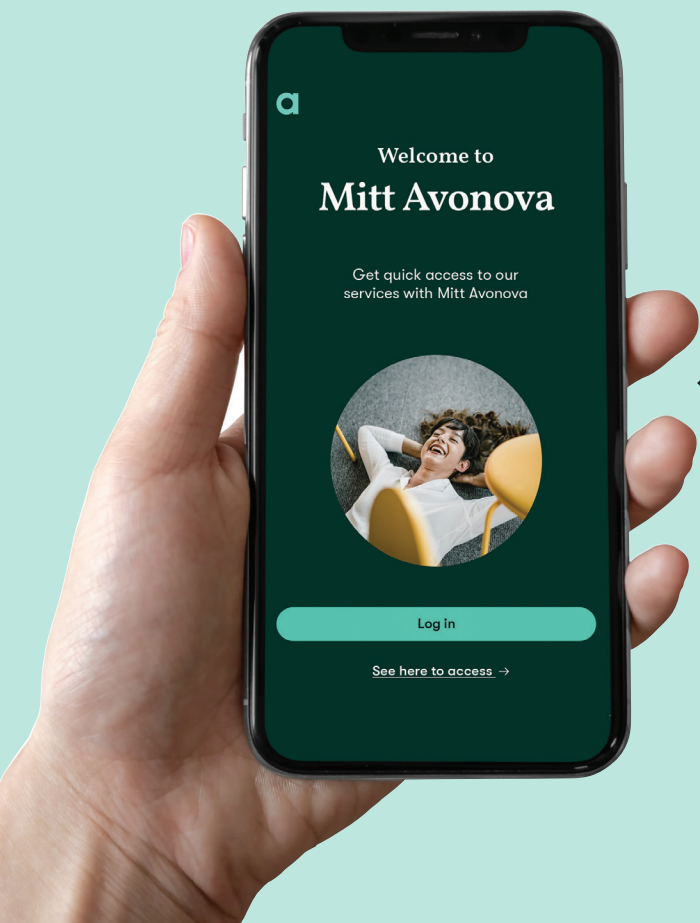
“We saved our marriage by understanding that we actually weren't talking (or listening) to each other the way we should. You have to invest time on what is important in life, and thankfully couples therapy helped us get back on track. I highly recommend this to anyone in a long-term relationship.”

## FINANCIAL COUNSELING | THOMAS

“I'd been stressed about finances for the past two years. My stress came from a lack of control. When I got help with budgeting, it brought a new sense of harmony to the whole family. We are now more engaged in family finances—in a positive way.”



# Quick and efficient help when you need It



Get access to  
My Avonova!



The largest occupational health partner  
in the Nordics

avonova.no

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