



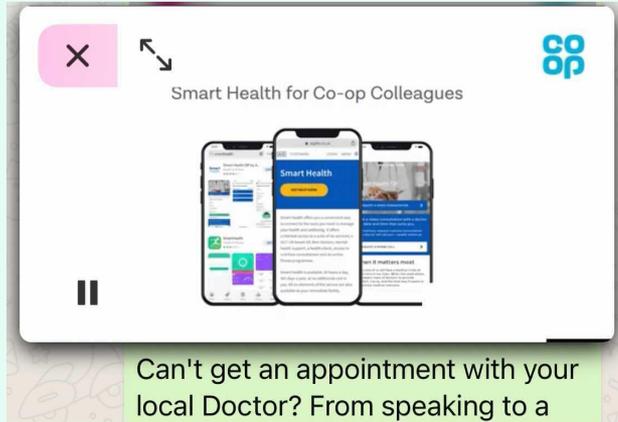
Smart Health for Co-op

Whatsapp



How to share a post on WhatsApp.

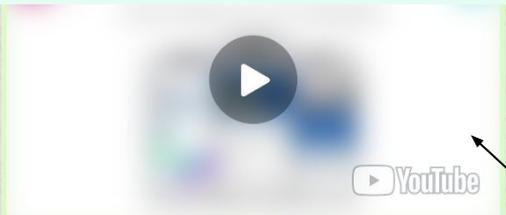
1. Select Co-op groups or individual recipients
2. Copy: paste content from our copy doc [here](#)
3. Visuals: use the link to our Smart Health video which will display a preview video or add a funny/cute gif. See examples below.



Example of video Visual



Example of Gif Visual



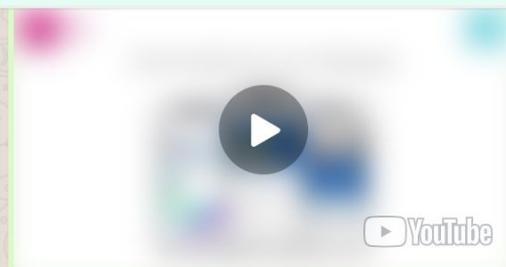
Introducing Smart Health | YuLife

Keep up-to-date with YuLife LinkedIn ➡
<https://www.linkedin.com/company/yulife/youtube.com>

EXCITING NEWS. Smart Health is now available to all Co-op colleagues. 🤖 Smart Health gives you a convenient way to connect to the tools you need to manage your health and wellbeing. You now get free access to 24/7 UK-based GPs, mental health support, a health check, access to nutrition consultations and an online fitness programme.

To access Smart Health, you'll need your Co-op policy number. The website is suitable for desktop, tablets and smartphones. Or, Search "Smart Health" & download the app which allows you to access a 24/7 GP on the go. It is available for iOS and Android - via the App Store or Google Play. Watch this video to find out more! <https://youtu.be/b8yTsxpUN8s>

With YouTube videos, simply copying and pasting the link into the text of your message should generate a preview like this.



Introducing Smart Health | YuLife

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Can't get an appointment with your local Doctor? From speaking to a GP on your way to work, getting a prescription delivered to your door or putting your mind at ease about something that's been bothering you - Smart Health is here to look after you and your family, 365 days a year.

We make it easy for you to have a secure online video or phone consultation with a GP from the comfort of your home or wherever you are! Search "Smart Health" in your app store & Login using your Co-op policy number #MakeSmartHealthChoices. Watch this video to find out more!
<https://youtu.be/b8yTsxpUN8s>

11:58 ✓

The link is at the bottom of the message, as displayed here.

Add personality to your outreach by using a share-worthy Gif.



Personalised fitness plans, designed by sports coaches, are now available for Co-op colleagues. Take the first step on your fitness journey by getting your tailored plan today.

To access Smart Health, you'll need your Co-op policy number. The website is suitable for desktop, tablets and smartphones. Or, search "Smart health" and download the app which allows you to access a 24/7 GP on the go. It is available for iOS and Android - via the App Store or Google Play.

#MakeSmartHealthChoices

12:38 ✓✓



Did you know top 10 reasons people visit their doctor are:

1. Skin disorders, including cysts, acne, and dermatitis.
2. Joint disorders, including osteoarthritis.
3. Back problems.
4. Cholesterol problems.
5. Upper respiratory conditions (excluding asthma).
6. Anxiety, bipolar disorder, and depression.
7. Chronic neurologic disorders.
8. High blood pressures.
9. Headaches and migraines.
10. Diabetes.

If you have been feeling unwell and want to speak to a GP today, don't forget you have access to Smart Health.

Search "Smart Health" in your app store & Login

How to add a Gif on whatsapp:

- For **iPhone users**, tap the "+" icon to the left of the text box. Select "Photo and Video Library."

All of the photos and videos stored on your iPhone camera will appear. Select "GIF" at the bottom left corner.

- On **an Android**, select the smiley face icon that's next to the message box. Tap GIF at the bottom of the screen.

A selection of GIFs will pop up. Scroll through the screen to see more, or type search terms into the text box to find a specific GIF. Example "doctor"

Add personality to your outreach by using a share-worthy Gif.



Stay at home, see a virtual GP within 24 hours using Smart Health. You also have the option to have any prescribed medicine delivered to your door is just what we need right now.

To access Smart Health, you'll need your Co-op policy number. The website is suitable for desktop, tablets and smartphones. Or, Search "Smart Health" & download the app which allows you to access a 24/7 GP on the go. It is available for iOS and Android - via the App Store or Google Play. Watch this video to find out more!

<https://youtu.be/b8yTexpUN8s>

#MakeSmartHealthChoices.

13:00 ✓



Whether you need help coping with stress, anxiety, depression or you're just not feeling yourself, Smart Health can help.

Help and support is also available for your partner, and children up to the age of 21, so if it's children's or teenage mental health you're worried about, you have support. Find out how to access Smart Health:

<https://youtu.be/b8yTexpUN8s> #MentalHealth #MentalWellbeing #MakeSmartHealthChoices

13:02 ✓

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