



Health at Hand

Expert health information you can trust when your health worries are keeping you awake at night.

Free business resource available to all to Chamber members.

Health information 24/7

Few things matter more than the health of you and your family, so when you've got a nagging health worry, it can be hard to focus on your work. But how do you know what information to trust, or when it's time to make a trip to the doctors?

With Health at Hand, our qualified nurses, counsellors, midwives and pharmacists, are here to answer your questions. All calls are handled in complete confidence.

You can call about a wide range of issues including:

- **family health, from childhood infections to teenage troubles**
- **health issues**
- **pills and prescriptions**
- **information on travelling healthily**
- **health and fitness.**

They'll also send you information and give you a follow-up call if you need it.

Medical experts

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

8am – 8pm Monday to Friday,

8am – 4pm Saturday,

8am – midday Sunday.

For further information visit

axapphealthcare.co.uk/chambers

to find out more about what we offer

or call us for a business healthcare cover quote on

0800 387 754

We're open from 8.30am-5.50pm Monday to Friday.