



NEW: VIRTUAL PHYSIO

Don't let aches and pains slow you down

Did you know the Group Insurance scheme now includes a Virtual Physio service? This gives you access to professional physiotherapy from the comfort of your home or station — quickly, easily and without the need to see a GP first. Whether it's back pain, a sports injury or joint stiffness — this service is here to help you recover faster, feel better and stay on top of your game.

KEY BENEFITS INCLUDE:

- Cover for **members, partners and residing children** over 18, up to 21 (or 25 if in full time education)
- **Initial assessment** and up to **5 follow up sessions** to support your recovery
- Bookings accessible via the COD app with **flexible scheduling 5 days a week**
- Services provided by **HCPC Registered Physiotherapists** with more than six years' experience
- **AI motion tracking** to guide your rehab and track progress

Terms and conditions apply. Full details of the cover including exclusions and limitations can be found in the policy wordings which are available from the Federation or Gallagher.

*As part of Care Quality Commission (CQC) regulations patients, when engaging the service for the first time, will be asked to go through a positive ID process.

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Gallagher

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ACCESS THE SERVICE

CODE: NORFOLK2020

To arrange an appointment, you can either:

Download the 'Care on Demand' App *, create an account and book a consultation.

Call: +44 (0) 203 499 4891

Email: PhysiotherapyUK@teladochealth.com



The physiotherapist was very knowledgeable about my knee issue and offered great guidance to help with my recovery"
- Member of Insurance 2025

IN ASSOCIATION WITH:

