



When you don't know where to turn  
We're here to guide you

## What is *be supported online*?



In addition to the 24/7 freephone number you can access information online on a wide variety of practical and wellbeing topics.

As you go through life it is likely that you will encounter unfamiliar situations where some guidance or information can help you make more informed decisions. At times like these access to a practical, impartial and independent resource such as *be supported online*, can be invaluable.

*be supported online* is an information portal providing easy, fast and confidential access to information and resources on a wide range of work-related or domestic topics. The information is presented in a way that is both easy to access and understand.

The portal is regularly updated to bring you the latest information and support, making it an excellent way of getting help with finding a resolution to a problem without having to surf the internet and run the risk of getting incorrect or conflicting information.

You will find a wide range of articles throughout the website together with printable resources, online tools, podcasts and a handy search facility.



Take a look at *be supported online* today

Visit: [www.axabesupported.co.uk](http://www.axabesupported.co.uk)

Don't forget, if you want to discuss any practical or emotional concerns you have, call us in confidence 24 hours a day, 7 days a week, 365 days a year.

You can find the telephone number at the top right hand corner of every page on *be supported online*.

**Username: robertson**  
**Password: supported**



Call. Any time. Whatever the reason.

**0800 072 7 072**

[www.axabesupported.co.uk](http://www.axabesupported.co.uk)



PPP HEALTHCARE

redefining / healthcare