



Personal Nurse Service

Guide

Bridging the gap

The Personal Nurse Service provides long-term practical and emotional support over the phone with the same qualified nurse when you make a Critical Illness claim.

A caring approach

The diagnosis of a serious health condition can be a worrying time for you and your family. The Personal Nurse Service is offered for FREE as part of your Group Critical Illness product to support you at a difficult time, bridging the gap sometimes missed by NHS services.

The nurse listens, empathises and takes as much time as needed to get to know the patient properly, with one simple goal: to make life better.

The service offers a wide range of practical and emotional support

- Serious illness
- Emotional support
- Counselling
- Mental health
- After hospital
- Trauma
- Practical advice



What can the nurse help with?

- Emotional support when coming to terms with medical news
- Emotional support for your immediate family
- Nurses can help make sense of test results and deciding on a course of action

Experience and a personal touch

Practical advice and emotional support are every bit as important as financial assistance during times of debilitating illness or stress. Personal Nurse Advisers know this first-hand.

These professionals are highly experienced, qualified nurses with a wide range of specialised and general medical knowledge.

Sitting at the heart of the service, Personal Nurse Advisers provide tailored help by telephone, according to each person's individual circumstances.

Clare Stratton – one of the Personal Nurse Advisers

“What a kind and sensitive service for an insurance company to provide.”

Personal Nurse Service patient

What users say about the Personal Nurse Service



How the Personal Nurse Service works

Day 1

Referral is made by Canada Life Group Insurance.

Within 2 working days

A Personal Nurse Adviser is allocated and contacts the policy member.

From week 1

The Personal Nurse Adviser begins telephone support. This includes practical advice, emotional support, and if appropriate, referral to other **support services**.

Ongoing

Support from the Personal Nurse Adviser is available during business hours for as often and as long as required.



Caring and reliable

“Whether it’s having someone to ask or answer important medical questions, to help you get back on your feet, or be an understanding ear, the nurses offer genuinely valuable care and continuity as long as they’re needed.”

Knowledgeable and proactive

“Suffering a heart attack came as a real shock. I thought I was fit. After it happened, all I could think was that I would have another one. Thanks to the Personal Nurse Advisers, I’ve been in touch with a cardiac rehabilitation nurse and taken some positive steps to change my lifestyle. I now feel much more confident about going back to work.”

Dedicated and reassuring

“When our infant daughter was diagnosed with leukaemia, we thought our world would come to an end. It was a feeling of blind panic, and as much as you try to support each other, it all overwhelms you. We needed the nurse to calm things down and the counselling has given us a sense of perspective as well as a coping strategy. At least now we’re looking forward.”

Some questions answered

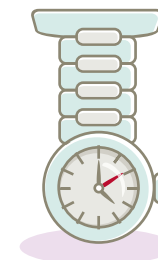
What kind of support can I expect?

- Long-term emotional support
- Help in understanding the condition and all its implications
- Explanation of options or treatment
- Help to prepare for consultants' appointments
- Explanation of medical terms in simple everyday language
- Help for families to cope with consequences of illness
- Ensuring best use is made of mainstream services, such as the NHS, specialist charities and social services
- Sign-posting to self-help groups – local and national charities
- Clinical review and provision of a range of resources, including factsheets, books, CDs and DVDs
- Sourcing of suitable equipment and medical aids

What experience do the Personal Nurse Advisers have?

All of the Personal Nurse Advisers are highly qualified nurses who have extensive hands-on experience – from 14 to more than 30 years. Their specialisms vary and cover areas such as:

- | | | |
|----------------------|-------------------|------------------------|
| • Cancer care | • Mental care | • Respiratory medicine |
| • Multiple sclerosis | • Cardiology | • Dermatology |
| • Elderly care | • Orthopaedics | • Neurology/stroke |
| • Mental Health | • Palliative care | |



What else do I need to know?

Does the service automatically start when I make a claim?

Yes. When a Critical Illness claim is submitted to Canada Life Group Insurance by your employer, the Personal Nurse service is automatically triggered.

Does the Support Service also include my family?

Yes. The Personal Nurse service is available to your immediate family, if they would like it.

Can I decide how much contact I have with the nurse?

Yes. The service is tailored to your needs, so you decide what works for you.

Can I keep using the service even though I've gone back to work or have gotten better?

Yes. Personal Nurse support is available on an ongoing basis until you feel you no longer need it.

Do the Personal Nurse Advisers share information with my employer?

No. The service is completely confidential and you only share the information you want to.

Can I opt out of using the Personal Nurse service?

Yes. You do not have to use the service if you don't want to. Furthermore, you can decide to use the service at a later date.

**Our forms are available to download from our website: www.canadalife.co.uk/group
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