



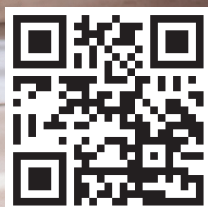
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AXA BetterMe

AXA BetterMe is a holistic wellness platform with a comprehensive suite of programmes and services to elevate your overall physical and mental health and help you achieve all-rounded healthy lifestyle.

You can access the full suite of services through the Emma by AXA app. This app has a full range of tools you need to become stronger and more resilient, and to become a BetterMe!

Know You Can



Scan QR code to find out more

AXA BetterMe

A full spectrum of body and mind services

Under **3** main areas

Physical Wellness Support



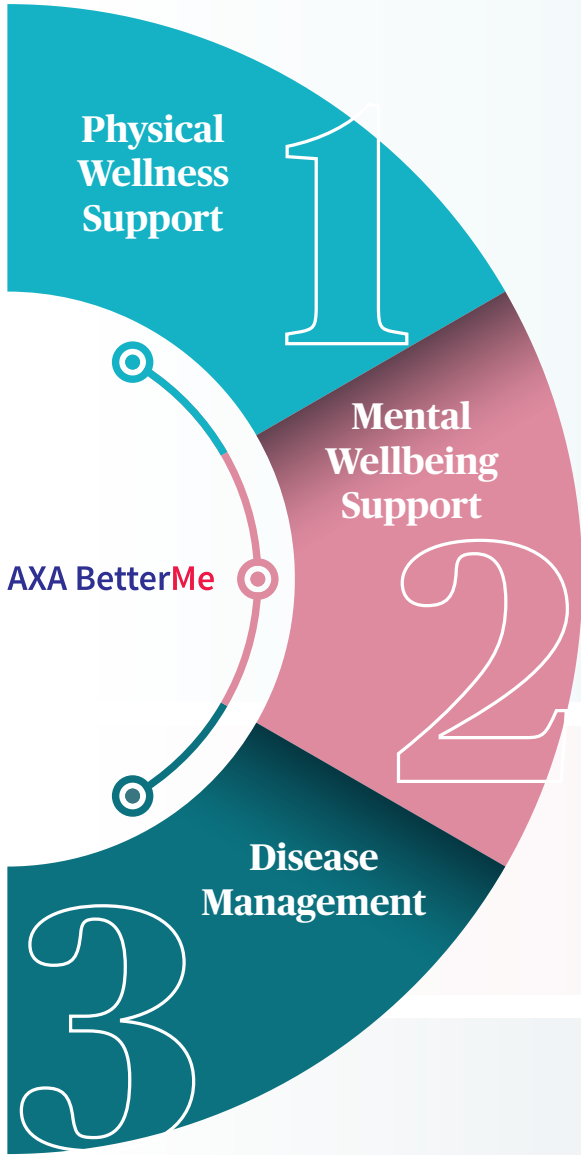
Mental Wellbeing Support



Disease Management



# Services Highlight



## Wellness Companion

Calculate your health age and complete challenges to earn Fitpoints!



## Symptom Checker

You can learn about common health problems, symptoms and help you determine when to seek advice from a doctor.



## Wellness Offers

Special offers for you! Wellness offers like health food & supplements, lifestyle goods, medical services and parenting products are waiting for you!



## AXA Goal

An annual step challenge programme that rewards you for living a healthier lifestyle. Earn up to 20% premium rebate by achieving the pre-set challenge.



## Critical Illness Prevention Services

Through a suite of preventive services, you can discover and rectify potential health problems at an early stage.



## Fertility Solution\*

To facilitate couples who have difficulty in conception, we offer an AXA discount for In Vitro Fertilisation (IVF) to increase chance of fertility and better plan your future with confidence.

Partner: HKSH Medical Group



## Cosmetic Treatments\*

Build your confidence by having professional beauty treatments at state-of-the-art facilities, at AXA discount.

Partners: HKSH Medical Group and Pedder Medical Aesthetic Centre



## Refractive Surgery\*

Improve your vision at AXA discount! Applicable to various refractive surgery services (such as LASIK, SMILE, LASEK, etc).

Partners: HKSH Medical Group and Champion Eye & Refractive Surgery Centre



## Maternity Care\*

Welcome your new family member at ease by enjoying an AXA discount for maternity package!

Partner: HKSH Medical Group



## Dr@Live^

Brings general practitioner and specialist consultation services to the mobile devices.

^ Exclusive for certain eligible Employee Benefits policies



## Mind Healer\*

One-stop online psychological consultation platform, simply text the professional counsellors anytime, anywhere, helping you to cope with stress, negative emotions, and restore mental health.



## Mind Charger

Charge your mind and uplift your mood with this handy mindfulness meditation guide. You can enjoy soundscape audio, relaxation exercise and meditation sessions in Mind Charger to relief your mind.



## Mind Journey Sharing

We partnered with StoryTaler in developing a series of interview videos so you can better understand your mental health status and ways to take care of yourself as well as supporting your loved ones.



## AXA Nurse Hotline

Our registered nurses are available to provide health information, support case management for critical illness patients, and help to locate specialist doctors in Hong Kong.



## Critical Illness Treatment And Rehab Services

We provide a full suite of support services to assist initial illness patients on their recovery journey. You can select what is most suitable so that you can focus on recovery and be well again.

Remarks: \* This is a paid service to customers

Hong Kong and Macau AXA Life policy holder and insured (including Life, Medical, Critical Illness, Savings, Investment Linked policies etc), Employee Benefits members and dependents can enjoy AXA BetterMe services.

For details of eligible plans and services covered by different plans, please visit [www.axa.com.hk/en/axa-betterme](http://www.axa.com.hk/en/axa-betterme)

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