

What is Mutual Benefits?

Mutual Benefits is a discretionary programme that provides everyday health, wellbeing and rewards for you and your family alongside your Income Protection cover at no extra cost.

Mutual Benefits is available to both new and existing members who are 18 or older, up-to-date on premium payments and UK residents and can be accessed from the start of your policy with us.

Benefits include:

Clinic in a Pocket

Fast access to healthcare services for you and your family

- Unlimited Digital GP Consultations
- 6 Physiotherapy Sessions
- 6 Mental Health Support Sessions
- 2 Second Medical Opinions
- 1 Health Check

Services are allocated on an annual basis. To access them, download the Clinic in a Pocket app, select 'register' and enter the pin sent to you in your Activation Invite or Activation Guide.

Feel healthy and well every day



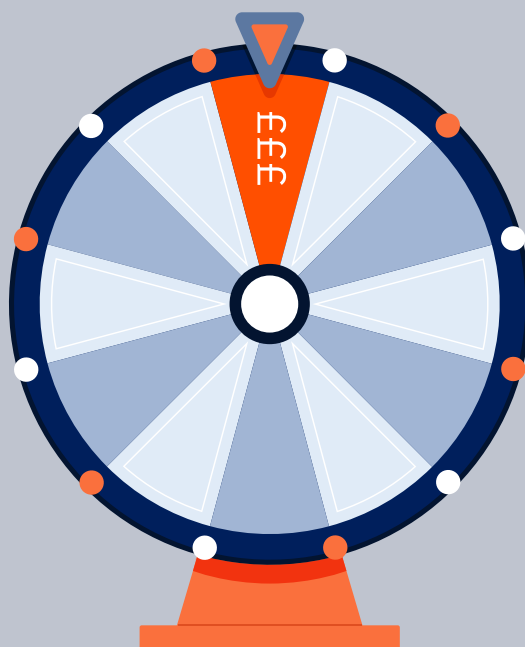
Cash in your Pocket

A chance to win £100 cash every month

- Monthly cash draws
- 5 random winners of £100 each
- Paid directly into your bank account
- No limit to the number of times you can win

You will be automatically entered into our prize draws every month if you are up-to-date on your premium payments.

Feel lucky to be a British Friendly member



For more information about Mutual Benefits, visit members.britishfriendly.com/mutual-benefits/ or contact our Mutual Benefits Team on **01234 358 344** or e-mail mutualbenefits@britishfriendly.com.