



Meet Vivo

Your holistic health, wellness and recovery program

Available at no extra cost through your superannuation fund's partnership with MLC Life Insurance, Vivo offers a range of health and wellness services to provide care and support when you need it.

You and your immediate family have unlimited access to Vivo Virtual Care, with additional support available to members with life insurance in super who need help recovering from illness or injury—before, during or after a claim.

From prevention to recovery, for both mind and body, Vivo can help you live a healthier life.



Services to suit your needs

Whether you're looking to improve your everyday health and wellness, dealing with a medical concern, or requiring recovery support, Vivo has a range of services that can help.



Vivo Wellness

Get proactive with your wellness to maintain overall health

Speak directly to dietitians and exercise physiologists about your fitness and nutrition goals for advice and bespoke programs.



Vivo Health

Access a global medical network for tailored advice

Access a network of more than 29,000 leading specialists from Australia and around the world for expert medical opinions.



Vivo Recovery

Get back on track after illness or injury

Achieve your recovery goals and reconnect with your community, with the support you need to get back to what you love – at work and at home.



Vivo Specialist Care

Receive support for mental health, cancer, pain, and grief

Get specialist coaching for your mental wellbeing, cancer care, chronic pain, or grief.

Vivo Virtual Care

Vivo Virtual Care offers you and your immediate family¹ quick and convenient access to our network of leading health professionals across a range of Vivo services. Completely confidential, these online services can be accessed at any time and as often as you need.



Visit Vivo to get started

Vivo is your go-to program to help you achieve your health, wellness, and recovery goals. When you visit vivowellbeing.com.au, you can:

- Sign up to Vivo Virtual Care and access support today
- Explore everything Vivo has to offer insured members²

