

Cancer Awareness and Nurse Support

Cancer can impact everyone differently, whether you're concerned about your own health, living with or beyond a diagnosis, or supporting someone you care about.

That's why L&G has partnered with **Perci Health**, the UK's leading virtual cancer clinic, to offer confidential, expert-led support.

Created with leading oncologists and backed by Macmillan Cancer Support, Perci Health delivers a comprehensive risk reduction, early detection and cancer support service. From risk assessments and screening guidance to one-to-one cancer nurse support, everything is designed to be clinically robust, easily accessible, and tailored to your needs, or those of someone you're caring for.

This service is available to your immediate family too. This includes spouse, partner, registered civil partner and children aged 18 and above who are living in the same household.

1 Digital risk assessments

You can take an online clinically validated cancer risk assessment in just a few minutes. This takes into account your lifestyle, family history, and health behaviours to indicate your personal risk of cancer.

Based on your results, you'll receive clear, personalised next steps, including digital education, lifestyle guidance, and screening recommendations. If necessary, you'll also be guided toward free NHS screening services, with expert support to overcome common barriers like access, language or fear.

2 Cancer nurse support

If you're worried about symptoms, facing a diagnosis, in treatment or recovery, or caring for someone who is, you can book a confidential appointment with an experienced cancer nurse. All Perci Health nurses are NHS-trained cancer specialists who offer both practical advice and emotional reassurance.

Support is available via phone or video call, Monday to Friday, 9am to 5pm and you can also message a nurse through Perci Health's platform anytime. Whether you need help preparing for an appointment, managing symptoms, understanding test results, or figuring out how best to support someone else, the nurses are there to guide you with compassion and expertise.

3 Expert created resources

You'll also get unlimited access to Perci Health's growing library of expert-created resources. This includes evidence-based videos, webinars and articles focused on prevention, early detection, treatment preparation, symptom management, mental health and post-treatment recovery.

Everything is grounded in clinical guidelines and regularly updated by Perci Health's multidisciplinary team, which includes cancer dietitians, genetic counsellors, psychologists and physiotherapists. It's a space where you can build understanding and feel confident, without needing to search for answers alone.

If you're a carer, you'll find tailored resources too, helping you support others while also looking after your own wellbeing.