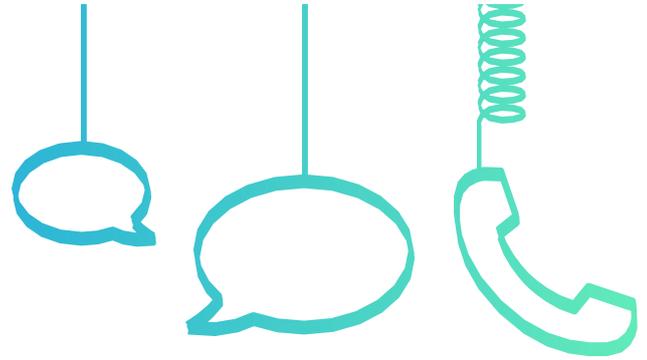




**health shield**

The best of health

**Please check that  
Spectrum.Life is your  
Employee Assistance  
Programme provider  
before using the  
following poster.**



# Employee Assistance Programme and Wellbeing Platform

With your Health Shield cash plan, you have access to an Employee Assistance Programme (EAP). The Spectrum.Life EAP is a free, confidential counselling and wellbeing support service available to all employees, their partner/spouse and dependent children†.

The service is available 24/7, 365 days a year offering support with\*:

- ✓ **Counselling**
- ✓ **Legal information**
- ✓ **Financial information**
- ✓ **Consumer information**
- ✓ **Career guidance**
- ✓ **Life coaching**
- ✓ **Mediation**
- ✓ **Health information**
- ✓ **Cancer support**
- ✓ **Autism support**
- ✓ **Infertility & pregnancy loss**
- ✓ **Elder care support**
- ✓ **Parent coaching**
- ✓ **International employee support**

Just call

**0808 196 5707**

and quote your company name.

Or WhatsApp/SMS: **Text 'hi' to 074 1831 1686**

You can also access the Digital Platform via the Member Area.

Mobile App **Spectrum.Life**

Use organisation code: **HShield1**