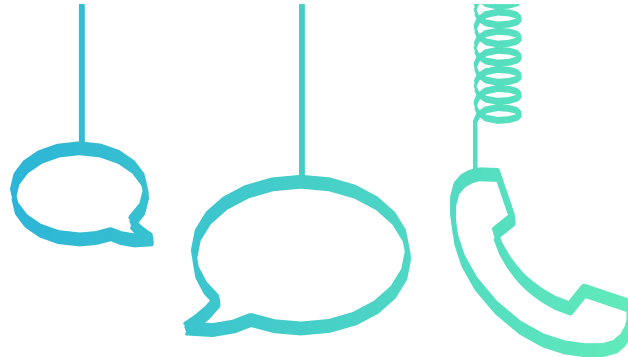




**Please check that
Spectrum.Life is your
Employee Assistance
Programme provider
before using the
following poster.**



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