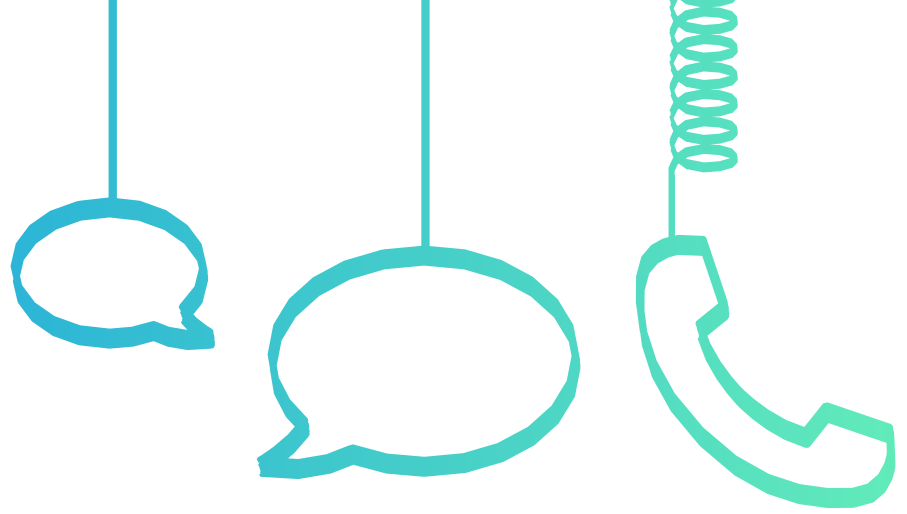




**Please check that  
Spectrum.Life is your  
Employee Assistance  
Programme provider  
before using the  
following poster.**



# Talk it over

With your health cash plan

Just call

**1800 456 780**

and quote your company name.

Your **24/7 free and confidential helpline** with Spectrum.Life offers practical information and emotional support for\*:

- ✓ **Financial worries**
- ✓ **Lifestyle issues**
- ✓ **Family and children**
- ✓ **Bereavement**
- ✓ **Gambling and/or debt**
- ✓ **Legal advice**

***And much more***

Discover more at [healthshield.co.uk](https://healthshield.co.uk)

The Employee Assistance Programme is provided on behalf of Health Shield by Spectrum.Life. \*Sometimes appropriate support may lay outside of the 24/7 counselling services provided. The helpline is available to you, your partner and dependents over the age of 16 (if covered) - check your Health Cash Plan terms and conditions.