



spectrum.life

BH3385 02/23

Calls, SMS and WhatsApp to the numbers above may be subject to roaming charges, when calling from outside the UK.


App

Download [Spectrum.Life](#) on iOS and Android
Access code: **BeWell**



Online

[Legalandgeneral.com/eap](#)
Access code: **BeWell**



Phone

UK Freephone:
0800 316 9337
WhatsApp and SMS:
Text 'Hi' to 07418 360 046



Plus an integrated app and digital wellbeing platform



Medical helpline



Counseling helpline



Day-to-day information services



Legal support

Access to experts for in the moment support, including:

Wellbeing support, whenever you need it

Employee Assistance Programme

For life's ups and downs



Need support now?

UK Freephone: 0800 316 9337
WhatsApp and SMS: Text 'Hi' to 07418 360 046

spectrum.life

