

Dedicated support for your clients and their employees

With our Group Protection products we provide an Employee Assistance Programme (EAP) at no extra cost through Spectrum.Life. As part of our arrangement with Spectrum.Life, your clients will have access to their Mental Health Promotion Officer, Jennifer Watson. Jenni will be aiming to help design data-driven strategies to monitor, measure and manage campaigns to promote mental health and wellbeing awareness to your client's employees.

MI meetings and trend insights

For clients engaging with the EAP, Jenni can also offer a 30-minute overview of your client's EAP trends, including:

- Digital platform insights (if they have a personalised access code)
- Recommendations for mental health promotion, based on trends
- Suggestions and discussion on resources

Plus a recommendation document based on:

- Key areas identified
- Resources for employees
- Suggestions for wellbeing promotion

Taking wellbeing strategy to the next level

Jenni can offer your clients support to raise awareness of the EAP through ideas on effective messaging and promotion. She can also provide your clients with useful resources for mental health. For clients who have effective EAP usage, she can provide them with their company's mental health trends and management information (MI).

Meet Jennifer Watson

Mental Health
Promotion Officer
at Spectrum.Life



Wellbeing strategy support

Jenni can advise on mental health promotions and create tailored resources for your clients. Lead times are subject to capacity, but at least 4 weeks is required to research, write and design content.

Below are some examples of content produced to support employers with employee communication and wellbeing promotion:

- Posters on low mood, anxiety and social support
- Advice on setting up and maintaining Employee Resource Groups
- Anxiety signposting for Mental Health First Aiders
- Guide for line managers on spotting declining mental health
- Resources summarising tips for an aspect of wellbeing (i.e, sleep)

Examples of wellbeing advice Jenni can support with:

- Advice on how to promote the EAP and digital platform
- Advice on employee communications
- Advice on specific aspects of wellbeing strategy, such as Employee Resource Groups and Mental Health First Aiders
- Advice on manager guidance and mental health awareness



Broker presentations

Jenni can present to both you and your client, the benefits of Spectrum.Life and Legal & General's partnership, the value of her role, and how a holistic wellbeing proposition outside of a traditional EAP can be helpful. This supports and strengthens our Be Well. Get Better. Be Supported. message. She can also present combined data and insights to your portfolio of clients, if they have sufficient collective engagement.

Speak to your account manager to find out more.

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