

# Wellbeing, unlocked. All our services on One App.



**Introducing Spark** – your new digital home for health and wellbeing.

- 24/7 in the moment support for you and your family
- Virtual GP and online physio
- Children's mental health support
- Digital gym, nutrition advice
- Long term condition support
- Cancer risk assessment



Or go online to [landg.spectrum.life](https://landg.spectrum.life)

Spark. One App. Every Service.

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