

Group Income Protection ONIX wellbeing services



Included within the ONIX benefits package, L&G's Group Income Protection provides access to a wide range of wellbeing services that support employees across their health, wellbeing and everyday life. Services are accessed through Spark, our digital wellbeing hub, with most benefits also extending to employees' immediate family members – all at no extra cost.

Here's what's included:

Employee Assistance Programme (EAP) Life can be unpredictable. That's why we offer 24/7 access to accredited counsellors and psychotherapists – via phone or video. Whether it's emotional support or practical advice on legal, financial, or medical matters, help is always just a call away.

Virtual GP and Advanced Nurse Practitioner (ANP) Round-the-clock access to expert care. Employees can book an appointment to speak to a GP or ANP (a highly trained nurse with advanced qualifications) anytime.

Online Physiotherapy Quick, convenient access to qualified physiotherapists – no GP referral needed. Support is available for employees and their families via phone or video.

Cancer Awareness and Support From personal cancer risk assessments to expert care during treatment and recovery, experienced cancer care nurses are here to help every step of the way.

Everyday Wellbeing Tools From a digital gym and fitness tips to mindfulness exercises, wellbeing podcasts, and webinars – there's something for everyone to support a healthy mind and body.

Children's Mental Health Support Tailored support for children aged 6–16. Includes an initial parental consultation followed by a 60-minute assessment for the child. A report will then be prepared for the parent with treatment recommendations and signposting to resources and self-help therapies.

Second Medical Opinion Peace of mind when it matters most. Employees can consult a UK-based specialist for a second opinion on a range of diagnosis or treatment plans.

Adult and Elder Care Support Navigating care options can be confusing. Our dedicated care experts offer one-to-one support to help employees find care for themselves or their loved one's aged 18+.

Structured Counselling If deemed appropriate by a clinician, employees could receive up to eight structured counselling sessions, in a format that suits them – face to face, by video or by phone.

Long-Term Condition Support Tools and resources To help manage long term conditions such as Cancer, Stroke, MS, Type 2 Diabetes, Long Covid, Rheumatoid Arthritis, Heart Health, and Menopause.