

Subject line: Introducing Virtual Clinic

Safeguarding your health and wellbeing is our top priority. That's why you can now access Virtual Clinic from Legal & General, a new on-demand health and wellbeing service that gives you comprehensive support should you ever need it.

What is Virtual Clinic?

Virtual Clinic gives you access to five core health and wellbeing services:

1. Day-to-day health and wellbeing support, including counselling
2. Virtual GP service
3. Mental Health services
4. Online Physiotherapy
5. Long-term chronic condition support

You can access these services via three user-friendly apps, whenever you need them.

Who can use the service?

Virtual Clinic is available to you and your immediate family, and all three apps are available to download on to most iOS and Android devices.

How do I access Virtual Clinic?

You just need to follow a few simple steps to access these services. For more information on the apps, you can read the dedicated [Virtual Clinic employee guide](#).

For day-to-day health and wellbeing support, including counselling – Spectrum.Life

1. Download the [Spectrum.Life](#) app from the Apple App Store or Google Play.
2. Use the code **BeWell** to login.

You can also scan the QR code below:



For Virtual GP, Mental Health services and Online Physiotherapy – Health 365

1. Download the **Health365 app** from the Apple App store or Google Play
2. Once downloaded you will be asked to create a profile and enter your access code which is your Group Protection policy number <xxxxxxx>.
3. You will be asked for some personal details and proof of identification, the first time you use the service.

You can also scan the QR code to get started.



For long-term chronic condition support – CONNECTPlus

1. Download the **CONNECTPlus app** from the Apple App Store or Google Play.
2. Once downloaded, select the option which says ‘CONNECTPlus from your employer’.

You can also scan the QR code to get started.



Is there any cost?

All services are completely free to use, but there is a charge for any private prescriptions ordered through the Virtual GP service.

Any questions?

If you have any questions, please get in touch with the HR team on **XXX**.

Thanks,

XXXXXXXXXX

