

Spark your wellbeing, your way, anytime, anywhere.

Introducing Spark



We all know that we're at our best when we feel good whether that's at home, at work, and for everyone around us. So, we're delighted to introduce Spark your digital home for health and wellbeing, from L&G. It gives you access to a range of services to help you take charge of your health and wellbeing fast and effectively, from one single place.

Spark offers:

- 24/7 access to a virtual GP and advanced nurse practitioners - plus online physiotherapy, from 8am to 8pm Monday to Friday.
- Expert telephone counselling service available 24/7.
- A guided online journey for health services to get support fast.
- Children's mental health assessments and support.
- Second medical opinion on a diagnosis and treatment.
- Individual cancer risk assessment and expert nurse support if you've been newly diagnosed, in treatment or recovery.
- Support with long term health conditions like heart health, type 2 diabetes, stroke, MS, long covid, menopause and rheumatoid arthritis.
- A rich supply of wellbeing resources – nutrition planning, fitness tracking, self-guided meditation, wellbeing podcasts and digital gym.
- Support with finding and funding adult care services for you and your immediate family.
- Expert financial and legal information support through dedicated helplines.

How does it work?



You can access Spark from your phone or desktop. A guided online journey gives you simple, speedy access to a comprehensive suite of health and wellbeing services including physical, mental, family, financial and legal and more - all in one place. On demand health and wellbeing, when you need it, from anywhere in the world.

That means you and your loved ones can reach the right care, faster than ever - and make informed decisions about many aspects of your health and wellbeing, too.



Organisation Code:
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