

# Introducing Spark - the digital home for employee health and wellbeing from L&G

Say Hello to **Spark**, our digital tool that houses our rich and varied range of wellbeing services under one roof.

**Spark** provides a single point of access that empowers employees – and their immediate family – to take charge of their health and their physical, mental, financial and legal needs. And every employee of our UK Group Protection Policy holders will have access to it.

**When people feel great, they do a great job.**

**Spark** enables employers to offer a major perk to employees, which could enhance individual wellbeing and also positively impact business by reducing absence and improving employee satisfaction and retention.



## Spark offers:

- 24/7 access to support from one single entry point, including virtual GP and advanced nurse practitioners plus online physiotherapy (8am to 8pm Monday to Friday).
- Expert telephone counselling service available 24/7
- A guided online journey for health services to get users to what they need, fast.
- Children's mental health assessments and support.
- Digital cancer risk assessment and expert nurse support for those living with cancer.
- Second medical opinion on a diagnosis or treatment, providing peace of mind.
- Support with long term health conditions like type 2 diabetes, stroke, MS, long covid, rheumatoid arthritis, heart health and menopause.
- A rich source of wellbeing resources – nutrition planning, fitness tracking, self-guided meditation, wellbeing podcasts and digital gym.
- Support understanding, finding and funding adult care services for employees and their immediate families.
- Expert financial and legal information service through dedicated helplines.

## How does it work?



Employees can take charge of their wellbeing from a single access point on their phone, laptop or desktop. A guided online journey will give them simple, speedy access to a comprehensive suite of health and wellbeing services, to support a range of physical, mental, family, financial and legal needs – all in one place.

It means employees and their immediate families can get to the support they want, faster and make informed decisions about their health and wellbeing.

