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.

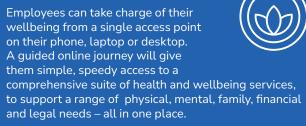
When people feel great, they do a great job.

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.





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



