



Folláine le Chéile
Wellbeing Together

Introduction and Overview.

A quick guide to your new
Wellbeing Together
Online Portal!



Introducing *Wellbeing Together* with Spectrum.Life

Spectrum.Life is Ireland's largest provider of allied health services, who deliver evidence-based health innovation to clients across Ireland and the UK. We currently support over 2,000 companies in their health and wellness programmes. We make workplace wellbeing more manageable and accessible than ever by connecting onsite wellness, digital wellbeing, Employee Assistance Services and Health Screening in one holistic solution.

How can Spectrum.Life benefit you?

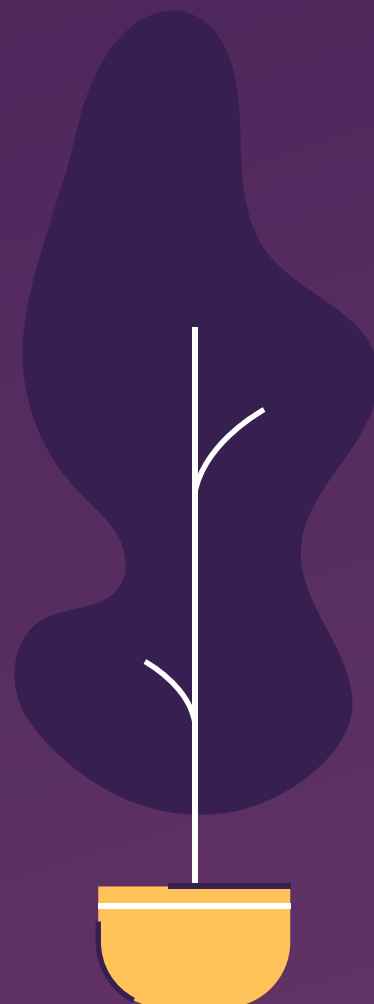
See below just some ways you can start using the Wellbeing Together online portal to support you in taking control of your health and wellbeing!

EAS

Accessing your Employee Assistance Service (EAS) is now easier than ever. Available through our 24/7 helpline you can also use your app to live-chat, request a call back and access additional services such as mental health eLearning.

Digital Wellbeing

Through your **Wellbeing Together** Spectrum.Life app, you will have access to hours of digital wellbeing content that has been created by industry experts on topics such as Mental Health, Fitness, Nutrition, and Sleep. You can also work towards specific fitness and nutrition goals by using our progress trackers!



Online Wellness Events

Book directly into online wellbeing webinars through your mobile or web app!

Register and attend at the click of a button!

Wellbeing Rewards

At Spectrum.Life we work with some of the best-known brands in health and wellness to offer you a range of health-related add-ons and rewards that are available to you on the Spectrum.Life portal.

Access Your Wellbeing Portal

Go To:

<https://wellbeingtogether.spectrum.life/login>

Use Organisation Code: yV11U17

Download the Spectrum.Life app from the Apple App Store or Google Play Store

Spectrum.Life is the connected wellbeing solution that will give you access to digital wellbeing, employee assistance services and wellbeing rewards. Get started and take control of your health and wellbeing!





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