

# Wellbeing Platform & App

**Register now to access hours of wellbeing content and improve your fitness, nutrition, and mental health. You can also access your Employee Assistance Service here, redeem lots of wellbeing discounts, and much more!**

1. Go to: [wellbeingtogether.spectrum.life/login](https://wellbeingtogether.spectrum.life/login)
2. Click: New user? Create an account.
3. You will need to use your work email address and organisation code: yIVIIU17
4. Make sure to download the Spectrum.Life app.

**Our wellbeing platform is available on desktop & app**

## Support across a wide range of topics including:

- Digital fitness programmes
- Self-guided meditation
- Nutrition guides and recipes
- Wellbeing Podcasts
- Wellbeing eLearning

