

# 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: **app.spectrum.life**
2. Click: New here? Sign up!
3. You will need to use your work email address and organisation code, which your HR manager will provide.
4. Create a password and click: Sign Up
5. Make sure to download the app by searching for 'Spectrum.Life' in iOS or Android

## Our wellbeing platform is available on desktop & app

### You have support across a wide range of areas including:

- Digital fitness programmes
- Nutrition guides and recipes
- eLearning across multiple wellbeing topics
- Self-guided meditation programme (BeCalm)
- Wellbeing Podcasts (SoundSpace)

