

## Legal & General enhances wellbeing proposition across all group risk products

- Legal & General Group Protection strengthens its Be Well. Get Better. Be Supported. wellbeing framework by partnering with Spectrum.Life. Bringing a new digital, integrated wellbeing solution to all existing and new clients across their Group Life Assurance, Group Income Protection and Group Critical Illness Cover.
- The new solution takes the traditional Employee Assistance Programme (EAP) concept to the next level, with access to highly experienced counsellors, skilled in a range of evidence-based therapeutic models, as well as traditional short-term solution focused therapy.
- Also, total wellbeing support to complement the new enhanced EAP services, from access to live and on-demand fitness classes to money-saving tips, advice, rewards and shopping discounts, helping employees take control of their physical, mental and financial wellbeing.

Legal & General Group Protection has strengthened its Be Well. Get Better. Be Supported. wellbeing framework even further, by announcing its new partnership with Spectrum.Life. The partnership brings a digital, integrated wellbeing solution, at no extra cost, to all existing and new clients, across their Group Life Assurance, Group Income Protection and Group Critical Illness Cover.

Spectrum.Life is a leading digital mental health and wellbeing platform provider, already supporting over 2,000 organisations and 4m+ employees in the UK and Ireland. Its proposition is designed to remove wellbeing complexity and evolve the traditional Employee Assistance Programme (EAP) concept.

This exciting new arrangement combines traditional EAP services, such as ‘in the moment’ support to employees and their immediate family - 24/7, 365 days a year - including access to: counsellors (also bereavement counselling); legal and financial information; a medical helpline; manager consultations; and critical incident support.

It also evolves some of these aspects. For example, instant support is available from highly experienced and accredited Counsellors or Psychotherapists, as appropriate. Also, a range of evidence-based therapeutic models is available, as well as traditional short-term solution focused therapy (Cognitive Behavioural Therapy). Support is delivered in the format the individual feels comfortable with; online platform, app, telephone, live chat, SMS, WhatsApp, email and, if preferred, they can request a call back.

The Spectrum.Life platform and app adds value beyond traditional EAP support. This includes:

- digital gym – live and on-demand fitness classes – and physical wellbeing pathways, including pre-created workout programmes, hundreds of exercises and tracking metrics, saving employees money on gym memberships
- self-guided mindfulness and meditation
- nutritional wellbeing pathways, including a wide range of handy recipes
- mental health eLearning – clinician-led content on mental health, depression, anxiety, sleep, financial wellbeing, parenting and more, through a combination of video, blogs, podcasts, webinars and articles
- online shopping discounts

**“We are enhancing our group protection proposition with today’s announcement of this exciting product enhancement, which we believe takes the EAP concept to the next level. Our overriding goal is to help thinking in the market with regards to removing fragmentation and unnecessary complexity in wellbeing across all our products and, in doing so, put wellbeing in the hands of as many employees as possible.**

“Our new partnership with Spectrum.Life is directly aligned with that goal, helping bring together all the pillars of wellbeing in the one place, plugging everything into both our expert in-house clinical support and existing services where appropriate, such as Virtual Clinic, launched last year as part of Group Income Protection.

“Through simplification and connectivity, we hope to encourage day-to-day usage – in a preventative and proactive way – thereby helping realise value for both people and business.”

**James Walker, Head of Product and Proposition, Legal & General Group Protection**

“In Legal & General Group Protection we believe we’ve found a partner who’s as passionate about making workplace wellbeing more manageable, customisable and accessible than ever, for companies of all sizes, as we are. Combining our wellbeing and technology expertise with Legal & General’s outcomes-focused framework – Be Well. Get Better. Be Supported. – we can provide full-service, integrated solutions, all in the one place; not only helping more employees and their families, but also helping those tasked with managing wellbeing in the workplace.”

**Stephen Costello, CEO, Spectrum.Life**

## Notes to editors

### About Legal & General

Established in 1836, Legal & General is one of the UK's leading financial services groups and a major global investor, with over £1.4 trillion in total assets under management\* of which a third is international. We also provide powerful asset origination capabilities. Together, these underpin our leading retirement and protection solutions: we are a leading international player in pension risk transfer, in UK and US life insurance, and in UK workplace pensions and retirement income. Through inclusive capitalism, we aim to build a better society by investing in long-term assets that benefit everyone.

*\* at 31 December 2021*

### About Legal & General Retail

As of 1st January 2022, Legal & General Retail Retirement and Legal & General Insurance (our two retail businesses) have been combined into one division, Legal & General Retail, to enable us to better serve the needs of our retail customers.

Legal & General Retail helps protect the lives and futures of our customers; the division covers the savings, protection and retirement needs of our c12 million retail policyholders and workplace members. In 2021, we wrote £957 million of annuity premiums, and issued £848 million of Lifetime Mortgages and Retirement Interest Only Mortgages. Our Workplace pension platform served 4.4 million members, while in the UK we paid out a total of £1,133.8 million in insurance claims.

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