



Folláine le Chéile Wellbeing Together

Welcome to Wellbeing Together with Spectrum.Life

Your Employee Assistance Service (EAS) and Wellbeing App!

What is the Employee Assistance Service (EAS)?

The Employee Assistance Service (EAS) is a confidential counselling service. It provides support to employees, in addition to their spouse, civil partner or dependent, where the family member can be described as a person over the age of 18 and residing in the family home. Our EAS is available 24/7, 365 days providing in the moment clinical support, referral to counselling where clinically appropriate and Online Cognitive Behavioural Therapy.

Access the EAS directly:

Freephone IRE: 1800 411 057

WhatsApp & SMS: Text 'Hi' to 087 369 0010 (standard rates apply)

(Live Chat and Request a Call Back via your wellbeing portal)

(see registration link below) Email: eap@spectrum.life

Register now by the following link

(the organisation code has been prefilled):

<https://wellbeingtogether.spectrum.life/login?org=yIVIU17>

Log In Anytime Thereafter By Going To:

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

What is the Wellbeing Together App/Portal?

This is your very own wellbeing desktop portal and phone app (Search Spectrum.Life on App Store or Google Play Store) with access to hours of wellbeing content.

Access the following supports here:

- **Digital Gym: Up to 5 gym classes per day.**
- **Digital Wellbeing Seminar Series – 4 seminars per month with eLearning.**
- **Be Calm – Up to 43 different guided mediations.**

Additionally, track your steps and kilometers, access up to 250+ recipes, log and track your calories, access supports in stress management, sleeping better, dealing with anxiety, mindfulness parenting and more! All of the above are delivered by our leading experts in their areas.