

**Subject line:** Your new health and wellbeing service is almost here

Virtual Clinic is almost here, giving you and your immediate family comprehensive, on-demand wellbeing support should you ever need it.

### **Let us remind you about what Virtual Clinic is**

Virtual Clinic from **Legal & General** gives you access to five core health and wellbeing services, through three easy to use apps.

#### **Day-to-day health and wellbeing support, including counselling through the Spectrum.Life App**

The Employee Assistance Programme (EAP), provided by Spectrum.Life is a free, on-demand day-to-day wellbeing and counselling service, that provides in the moment support to you and your immediate family, 24 hours a day and 365 days of the year.

You can receive support from fully qualified counsellors or clinically trained psychotherapists at any time, with our services easily accessible in a way you choose - by phone, live chat, WhatsApp, SMS or email. In addition to the EAP, you'll also have access to a digital gym, fitness and nutrition plans with hundreds of recipes, weekly podcasts, a monthly wellbeing webinar series, mental health e-learning, shopping discounts and much more.

#### **Virtual GP service through the Health365 App provided by Teladoc Health**

Virtual GP doesn't replace your registered GP. Instead, it's there when they need fast answers and peace of mind for a medical problem that isn't an emergency. The Virtual GP can provide support for a range of concerns over the phone or through video – it's designed to be just as effective as the traditional face-to-face appointment you'd have with your own GP.

#### **24/7 Mental Health services through the Health365 App provided by Teladoc Health**

Mental health support for you and your immediate family, including wellbeing tools, tips and resources to help maintain a healthy mind.

#### **Online Physiotherapy service through the Health365 App provided by Teladoc**

The online Physiotherapy service offers quick and easy access to a highly qualified physiotherapist through a video link or over the phone if preferred.

#### **Long-term chronic condition support through the CONNECTPlus App provided by HCI Digital**

The CONNECTPlus app can help you self-manage one or more specific long-term health conditions, and aims to empower you them to take control of your own care.

This service has been created with the help of NHS clinicians and patients to help you manage the following conditions and illnesses:

- Cancer
- Multiple Sclerosis (MS)
- Type 2 diabetes
- Stroke
- Long Covid
- Rheumatoid Arthritis

The CONNECTPlus app also provides you with general health and wellbeing support through the 'Your Wellbeing' feature.

## Who can use the service?

Virtual Clinic is designed to be available to you and your immediate family, and all three apps are available to download on to most iOS and Android devices.

In the meantime you can read through the [Virtual Clinic employee guide](#) for more information.

## Any questions?

If you have any questions, please get in touch with the HR team on [XXX](#).

Thanks,

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