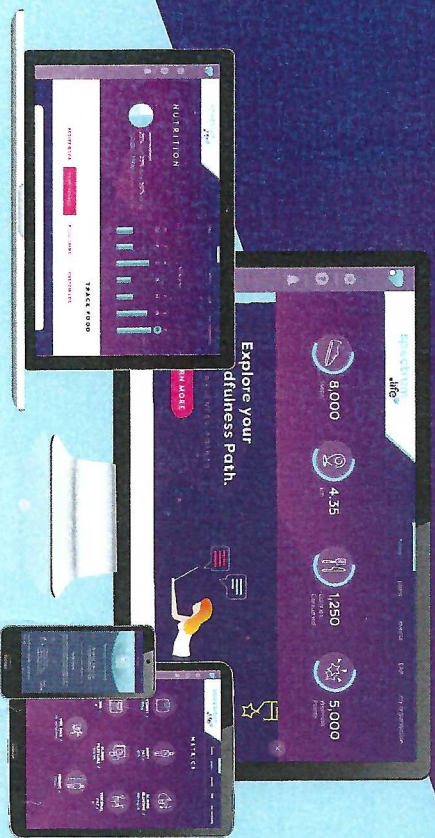


# Welcome to Spectrum.Life

Welcome to your new Employee Wellbeing Platform & App! Register now to access hours of wellbeing content for fitness, nutrition, and mental health, in addition to the EAS.

You can redeem wellbeing rewards, discounts on Fitbit fitness trackers, and much more!



## Employee Assistance Service

Our Employee Assistance Service (EAS) will have two access points, one for education and training board staff and one for teachers and SNAs under the Department of Education.



### Our EAS is available 24/7, 365 days a year providing:

*On the initial contact, our care manager will complete a quick assessment when appropriate, our referral to short term counselling will be made.*

- Counselling
- Online Cognitive Behavioural Therapy
- Legal Information
- Financial Information
- Consumer Information
- Career guidance
- Life coaching
- Medication
- Health Information
- Cancer support
- Autism support
- Infertility & pregnancy loss
- Elder care support
- Parent coaching
- International employee support

### Accessing the EAS for Teachers & SNAs

Free Phone: 1800 411 057

SMS & WhatsApp: Text 'H' to 087 369 0010

Email: [ecp@spectrum.life](mailto:ecp@spectrum.life)

Register for your wellbeing app

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

Organisation code: YWU17

### Accessing the EAS for All Remaining Staff

Free Phone: 1800 814 243

SMS & WhatsApp: Text 'H' to 087 369 0010

Email: [ecp@spectrum.life](mailto:ecp@spectrum.life)

Register for your wellbeing app

Register Link: <https://app.spectrum.life/login>

Organisation code: Y44dwf6