



A helping hand

Whether it's your health, finances or personal life, if you ever need guidance or just someone to talk to confidentially, help is available.

Call Spectrum Life on 0808 169 9776 for free independent assistance, 24 hours a day, whatever the issue.

As a valued customer of Legal & General Home Finance, you have access to our Employee Assistance helpline which gives you and your immediate family members 24-hour support, 365 days a year. You can also go online or download an app for additional information and support.



Talk to Spectrum Life, whose experienced and qualified counsellors can offer you guidance in many areas:



Legal information and guidance – such as consumer rights, matrimonial law, neighbour disputes, civil litigation, probate and wills.



Bereavement support – to help you and your immediate family with grief, feelings of loss or anxiety or bereavement related stress.



Help with financial matters – such as budgeting, negotiating with creditors and debt management.



Health and wellbeing support – practical information on medical or health related topics and guidance on dependants' care.

Or you can go online for enhanced wellbeing support:



Wellbeing webinars and BeCalm Programmes



Health, fitness and nutrition advice



Digital Gym and Exercise classes



Shopping discounts

This service is provided by Spectrum Life, who are a leading provider of assistance programmes supporting millions of people with a wide range of mental, physical and financial wellbeing concerns.

Please note this service only offers guidance and information, not professional advice. This service is free and isn't guaranteed. Legal & General reserve the right to change or remove this service in the future.

Call free on:

0808 169 9776

Online platform:

legalandgeneral.com/eap

Access code: BeWell

Mobile app:

Spectrum.Life

(iOS or Android app stores)

Access code: BeWell

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Q0054912 03/23

