

Wellness and Employee Assistance Programme

Our Health & Wellbeing Benefits For Contractors



About

Each of our contractors are provided an exclusive access to the Wellness Package which includes 24/7 access to our EAP programme, an online wellbeing portal with on-demand expert fitness, nutrition and mental health content.

EAP

- Our Employee Assistance Programme (EAP) is a confidential program at no additional cost that provides you and your family members with immediate help and support in managing whatever work or personal issues you are facing.
- We offer unlimited access for you and your family, to a telephone helpline, available 24 hours a day, 7 days a week, 365 days a year

Nutrition

We've got over 200 recipes to help guide you to create healthy and nutritious food at home. You can get a tailored plan and log you food throughout the week.

Fitness

Our Fitness plan includes an innovative digital gym which enables you to take part in on-demand fitness classes at a time that suits you. Classes include Pilates, high-intensity interval training, yoga, combat conditioning and bodyweight strength.

Our EAP

It's a confidential counselling service that provides support to you and your family members

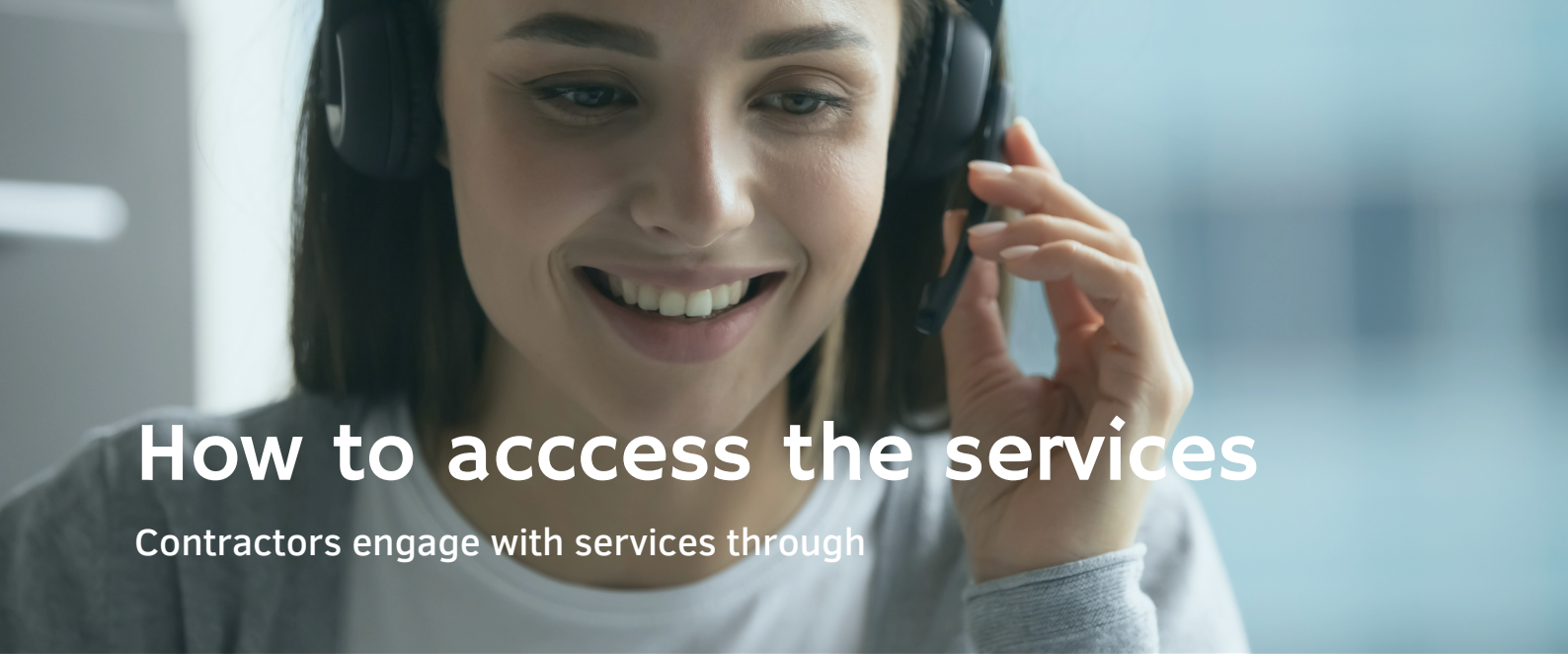


24/7

- Counselling
- Legal information
- Financial information
- Consumer information
- Career guidance
- Life coaching
- Mediation
- Health information

- Elder care support
- Parent coaching
- International employee support
- Infertility & pregnancy loss
- Cancer support
- Autism support





How to access the services

Contractors engage with services through



Toll Free Number

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Live Chat

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Email

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Request Call Back Form

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In the moment support

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You can avail of up to 6 sessions of phone or video counselling either in house or affiliate network



Seeking Access to Service

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1 Session for each of : Financial, Legal, Consumer, Health, Parenting, Career Advice and Meditation



CONTACT

DOWNLOAD APP

Android:

https://play.google.com/store/apps/details?id=com.sw.aluna&hl=en_IE&gl=US

IOS:

<https://apps.apple.com/ie/app/spectrum-life/id1454812579>

WEBSITE

www.spectrum.life

CALL

IRL: 01 518 0356