

Introducing your Health & wellbeing platform

Video Recipes & Tips

Employees can easily educate themselves on healthy eating and nutrition applicable to their personal goals through a catalogue of articles and video content.

Fitness tracking & Exercise videos

Spectrum.Life makes fitness more enjoyable for employees through our fitness programmes, and visually engaging workout videos.

Mental Health & Lifestyle eLearning

Wellbeing doesn't stop with fitness and nutrition. Employees can access hours of content, created by experts, that will educate them on various other aspects of their health and wellbeing, from mental health to parenting.

Rewards and Add-ons

Encourage employees to get the most out of their wellbeing programme with exciting rewards from well known brands which they can claim with points earned.

Just click on the link in the email to register



Reduced stress

20x increase in mentally healthy employees



6:1 Return on Investment



90%

90% decrease in employees reporting as severely distressed



43%

43% increase in productivity