**Copy on EAP for inclusion in any launch materials:**

Your wellbeing is one of our highest priorities. That’s why we’re delighted to let you know that as well as providing you with employee protection cover from Legal & General you can also benefit from the changes to their employee assistance programme (EAP). This new arrangement from their partner Spectrum.Life provides access to highly qualified and accredited counsellors whenever you need it, round the clock 365 days a year. The EAP gives you access to a confidential counselling helpline, a medical helpline, legal support, and day to day information services on topics such as finance and consumer advice. As well as this in the moment support, you also have access to wide range of resources to help you manage your wellbeing. These include a selection of fitness videos for a range of abilities in the form of a digital gym and nutrition advice with healthy recipes to help you maintain your fitness goals.