

# Spectrum.Life - Platform and Mobile App

## User Guide

We offer a range of wellbeing services that are now available to you at no cost through the Spectrum. Life Web and Mobile App. See below just some ways to start using Spectrum.Life to take control of your health and wellbeing!

### 1. Register and download the mobile app!

You will have received an email from your employer prompting you to register.

Once registered make sure to download the mobile app by searching Spectrum.Life in IOS or Android.

### 2. Take "Insights"



Through the platform or app you can take 'Insights' which is a short health and wellbeing survey. How you answer will tailor the platform for you based on your interests. For example - if your particular interests lie in exercise or nutrition these will be the most recommended pathways for you!

Hover over the **Plans** tab and click **Insights** to begin your journey



### 3. Wellbeing Content

While the platform may have been tailored for your interests feel free to browse our bank of content by going to **Planstab** and hovering over each of the pathways to explore. From fitness plans to recipes, mental health support to parenting support we cater for your interests through podcasts, videos and more.

Once you complete a pathway make sure to click **Log** or **Finish** so that you build up 'wellness points'. You will see why in a minute!

## 4. Wellbeing Rewards



We have partnered with a number of health and wellbeing services to offer you rewards for hitting your goals and building wellness points! Check out the partners by going to [Plans tab -> Rewards](#)

To be eligible to receive these discounts you must log when you complete a pathway as advised in section 3.

You will also automatically receive a **15%** discount with Fitbit just for signing up to the portal! Even better, you can link your Fitbit or smartphone step counter to the app and build wellness points as you reach your daily step count!

HENSHAW

McSPORT | IE

fitbit

and more...

In the app go to [more -> settings-> wearables](#) to sync your Fitbit

## 5. Wellbeing events

Book directly into onsite/ digital wellness events at your organisation through your mobile or web app! Whether it's a massage session, or a mental health seminar, register at the click of a button!

Go to the [Events](#) tab to view any upcoming events for your organisation.

### What else do I need to know to get started?

- On registering you will receive an verification email please ensure you click on this
- Once registered you can sign in again using this link <https://app.spectrum.life/login> along with your password
- Make sure to check out the FAQ section through the portal for assistance
- or email - [support@spectrum.life](mailto:support@spectrum.life) if you need IT support