

We all know getting an immediate appointment with your GP can be difficult and frustrating. This is where our virtual GP and Advanced Nurse Practitioner (ANP) service, provided by Spectrum.life, can help. ANPs are registered nurses who have completed advanced education and training, typically at a master's degree level and can provide a higher level of expert clinical care. Our Virtual GP and ANP service is available 24/7, so you can always arrange an appointment at any time you need to. Whether it's video call or a phone chat, you can book a 15 minute appointment at a time that suits you, ensuring quick peace of mind for any non-emergency medical issue.

Fast, Convenient and Reliable

Reduce the strain of waiting days to see your GP. This intelligent booking system is designed to book you an appointment the same or next day. Once you've registered, you can access the GP and ANP service from anywhere in the world - except for the USA and Canada. Whether you need a prescription, a private referral or a sick note, both GPs and ANPs are on hand to help. Prescriptions are issued electronically, so you'll receive a code to collect your medication from your chosen pharmacy. You can also opt for home delivery. While delivery and prescription issues are free, please note that you'll need to pay for your medication, even if you're entitled to free NHS prescriptions. If you select home delivery you can pay for your medication online. Please note that the prescription services are only available if you're in the UK.

How do I register for the virtual GP?

If you are a new user, please download the Spectrum.life app from App Store / Google Play OR visit <https://landg.spectrum.life> to access Spark online. When prompted, select 'Email' (not access code) as your login method. Enter your details and provide the following:

- Organisation code - This is G00092028
- Create Password
- Repeat new password

Click 'Sign up' to gain access and start using the services available to you.

Appointment booking

The first time you make an appointment, you'll need to provide some details about yourself and answer a short health questionnaire. You'll also need to upload a form of photo ID. This can be a valid passport, driving licence, National ID Card or a photo of your birth certificate. You'll also be asked for consent to share information with your GP so that your medical records are kept up to date. You don't need to agree, but if you don't it could restrict the prescription and referral service.

Non emergency medical appointments for your immediate family*

If you have a child under 16, you'll need to make an appointment for them. Simply select "a child / young person (under 16)" when booking. When you first book an appointment, you'll need to provide your child's details, answer a few health questions and also upload photo ID on their behalf. If your child doesn't have any photo ID, you can upload a photo of their birth certificate.

Your immediate family members aged 16 or over, can download the Spectrum.life app and register with their own email and your employer's organisation code. They can then create a password and set up their own account.

*Immediate family includes spouse, partner, registered civil partner and children aged 0 to 21 in full-time education and who are living in the same household.