**Introducing Spark – your new digital home for health and wellbeing!**

Spark is your new digital home for the health and wellbeing services, making it quick and easy to help manage your and your immediate family's health and wellbeing.

You can access Spark on your phone, laptop or desktop and you can get to the service you want easily and efficiently using Spark's guided navigation.

**How to register for Spark**

It couldn't be easier. Simply download the Spectrum.life app from Google Play or the Apple Store, or go online at landg,spectrum.life. You'll need to register for Spark the first time you use it.

1. You'll first be asked for an email address or access code. Choose email address, enter your address and then press Next

2. Enter your first name and surname and this organisation code – **G00710230**

3. Create and confirm a password

That's it! You're all ready to go!

Once accessed, Spark guides you quickly and easily to the service you're looking for. You can choose which to see a health professional, ask for mental health support, understand your own personal cancer risk, explore the range of wellbeing services on offer or simply just browse and explore all the services provided.

We hope that Spark will have a positive impact on you and your immediate family's health and wellbeing. So don't delay! Register for Spark now.