**Sodexo Benefits**

***My Health***

**Spectrum Life** – This online platform offers you access to mental health and wellbeing support.

**Talk** - Talk is our Employee Assistance Programme designed to help with everyday life issues, or larger problems that need additional support.

**YuLife -** YuLife is a free app that rewards you with ‘YuCoin’ for doing healthy activities such as walking (even your steps at work count!) or meditating. You can then exchange your coins for vouchers to spend at major retailers including Tesco, Amazon, Aldi and M&S. It also comes with a range of other perks and benefits. Smart health services including Virtual GP service available 24/7.

***My Finances***

Costco Membership eligibility

Free Spree cashback card

Go&Live - is the financial wellbeing hub provided by Legal & General.

Gym discount -Buy a monthly pass with Hussle and get big discounts

Life assurance

Salary Finance

Sodexo Discounts

Sodexo Retirement Plan

***My Work***

Apprenticeships

Career development

Community Online Academy (COA)

Recognition

**My Impact**

Cycle to work scheme

Employee lottery

Mental Health First response programme

Stop Hunger foundation

Volunteering Days