Early intervention works, and we can prove it

L&G's integrated wellbeing ecosystem, Spark, is already delivering the preventative, early-intervention outcomes recommended in the Keep Britain Working report.

Clinical impact of counselling

Our Employee Assistance Programme (EAP) is there to support employees manage their mental ill health to help improve their wellbeing and reduce lost productivity.

Employees using our EAP, provided their employers with:

26% decrease in presenteeism

24% decrease in absenteeism

24% increase in life satisfaction

Virtual primary care access (VPC)

Fast, reliable access to virtual health support such as virtual GP and online physiotherapy can help keep small health issues from becoming absence drivers.

5,000+ VPC appointments delivered in four months

85% → 93% Attendance rising

Data provided between July 25 and August 25

Demand for support is rising

Employees are coming forward sooner.
Data taken from Q2/Q3 2025.

+38% Mental health conditions

+48% Low mood

+18% Anxiety

Employers need scalable support they can trust.

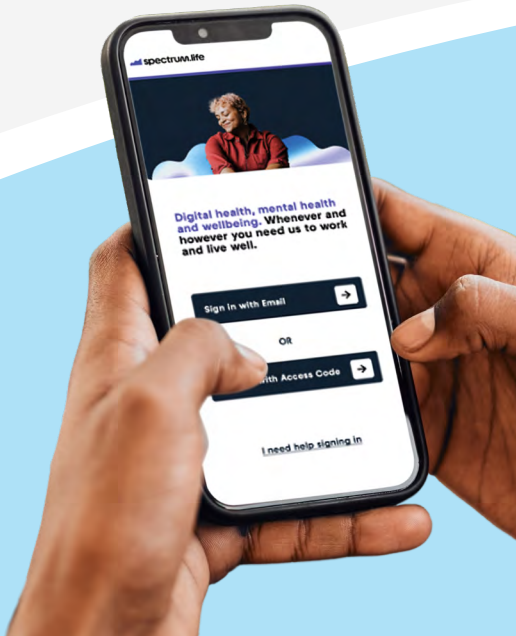
Spark drives better outcomes

Better access → earlier action → better outcomes

Spark is our single point of access for all our health and wellbeing services. It makes it easier to access support from the right services at the right time.

Find out how Spark can support the wellbeing of UK businesses.

Find out more



When employees access support early, outcomes improve – for individuals and for employers.

L&G

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