

My EAP Mobile Device Application

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Get the help you need on your mobile device, anytime and anywhere.

Gain immediate, confidential and secure access to your Employee and Family Assistance Program (EFAP) on your mobile device. Available worldwide in three languages and across all major mobile platforms, our My EAP app is your 'always-on' mobile support tool. [Watch video now.](#)

Confidential support 'on the go'

- In-app counselling
- In-app service booking
- Call our Care Access Centre for support worldwide with one touch
- Assess your stress level, health of your relationship, and financial wellness
- Mobile-friendly versions of your EFAP online programs
- Insightful articles and videos
- Available in English, French, and Spanish

What's new on My EAP

- Now you can login and access your EFAP online programs under My Activities and view the EFAP services specific to your organization
- My EAP accepts the same login credentials as our website, workhealthlife.com

[Free download and available worldwide, simply visit your device app store or scan QR code now.](#)



My EAP user feedback

"Useful resource - articles, videos, and quizzes. Able to initiate access to clinical support quickly."

"Great material to read during my train commute – gives me a positive kick start to my day."

"Thank you, I needed support immediately and [First Chat] was there, thanks."

"It's like having a friend, a lawyer, a counsellor, and various health tools with you at all times."

If you are in a crisis situation or at risk of harm to yourself or others, the Care Access Centre is available 24/7 for immediate and confidential assistance.

Device and system requirements to run My EAP include Apple iPhone, iPod Touch, iPad device software OS4.3 or higher, BlackBerry [Curve, Torch, Bold, Z10, Q10] device software V 5.0 or 10.1 or higher, or Android device software OS3 or higher. A QR code scanner or reader may be required. Refer to **My EAP FAQs** for additional detailed software and phone requirements. Depending on worldwide location, regional restrictions and device version some services, features and functionality may not be available.



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