



## My EAP

Employee Assistance Program (EAP) mobile device application: Discover expert information, support, and practical solutions for issues that impact your work, health, and life – directly on your mobile device.

The award-winning My EAP app provides fast and easy access to information on a wide variety of health and wellness topics and new interactive tools.

My EAP is available worldwide, and it's free to download on multiple mobile devices.



### Key features and tools on My EAP let you:

- Immediately and securely book services with Online Access or First Chat
- Immediately and securely chat with a counsellor with First Chat
- Register and access secure and confidential E-Counselling
- Measure your stress index and assess your relationship
- Read and bookmark expert health and wellness articles that are updated on a monthly basis
- View advice from acclaimed experts with LifeSpeak on Demand video clips
- Share the app on Facebook, Twitter and via email
- Learn more about the latest content, tools, and app news through notifications and home screen messages
- Easily access your EFAP contact details for support

### Downloading My EAP

My EAP is free to download on your mobile device. Available on iPhone, iPod, iPad, BlackBerry and Android devices, visit your device app store or [shepellfji.com/myeap](http://shepellfji.com/myeap). Or simply scan the QR code with your mobile device. Be sure to download on every device in your household!

### Immediate Telephone Assistance Worldwide

If at any time you require immediate assistance, select the Contact Us icon to view a list of global EAP contact details. Help can be reached free of charge 24/7/365.

### Share My EAP app today with friends and family – download on every device!

Device and system requirements to run My EAP include Apple iPhone, iPod Touch, iPad device software OS4.3 or higher, BlackBerry [Bold, Curve, Torch] device software V 5.0 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.

To find out more about My EAP, please contact us at **1 877 890-9052** or visit [shepellfji.com/myeap](http://shepellfji.com/myeap).



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