



We're so happy to share with you the launch of AccessEAP's new digital services-

1. **AccessMyEAP App**,
2. **Online Booking Portal** which is available in our app or via web browser,
3. **AccessChat** instant messaging as a way to experience counselling support.

We're making it easy for you to access your own EAP and wellbeing services with our intuitive and dynamic app. It's brand new and just released for free download via [Google Play](#) and the [App Store](#).

- Put yourself in control of your mental health and wellbeing.
- Make a booking to speak with one of our counsellors through our **Online Booking Portal**.
- Read tips, strategies and new ways to support your mental health and wellbeing journey.
- Choose your own wellbeing tools and resources based on your preferences, goals and interests.
- Take your Wellbeing Check regularly. The questions are based on the positive psychology [PERMAH](#) model.
- Monitor your results with your personal Wellbeing Tracker.
- Watch from our range of 2 to 7minute meditation videos

This free service is provided to you by your employer as part of your EAP services. We're here to help you be your best at life and work. Get started today.

Download [AccessMyEAP](#) or call AccessEAP on **1800 818 728**.



Downloading and FAQs help tips – Allow us to assist and step you through the download and set up stages.

Step 1 - Have your people open their relevant App store for the Android or Apple Apps and find **AccessMyEAP**.



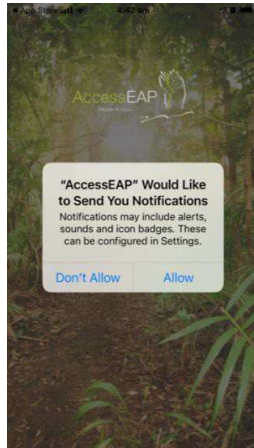
Step 2 - Once identified the correct App – with the tile (see left) you can download the **AccessMyEAP** App.



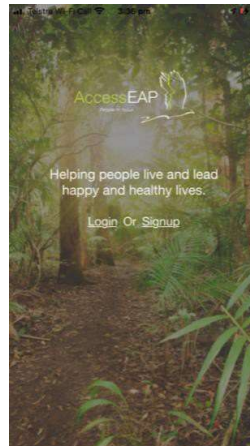
Step 3 - Or use the QR Code here to identify the App to download it.



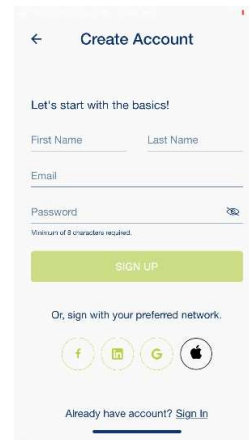
Step 4
Download the App



Step 5
Notifications

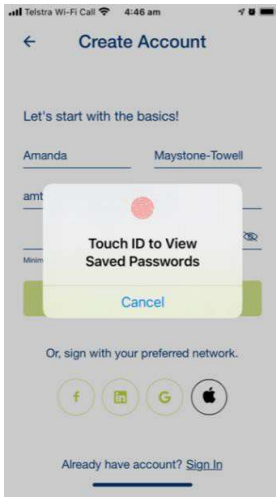


Step 6
Sign-up Option

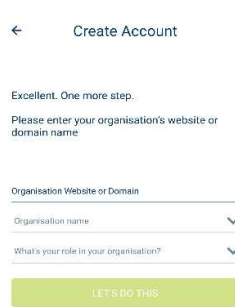


Step 7
Create an Account

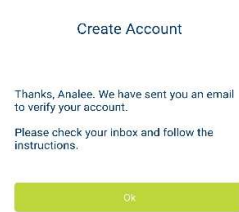
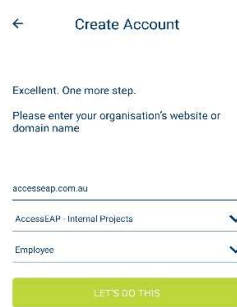




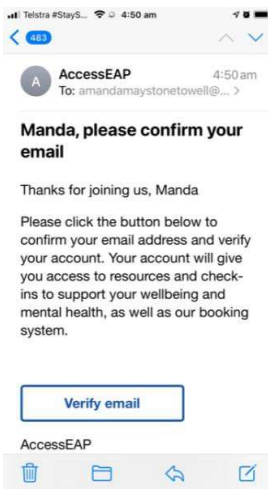
Step 8
Use ID Save Password



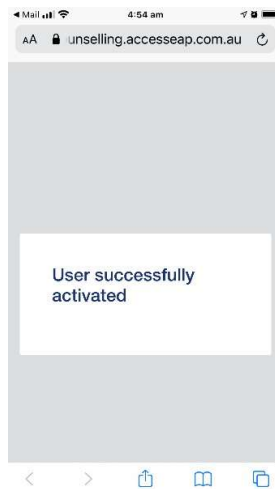
Step 9
Enter web domain, select company name and if you are a manager or employee



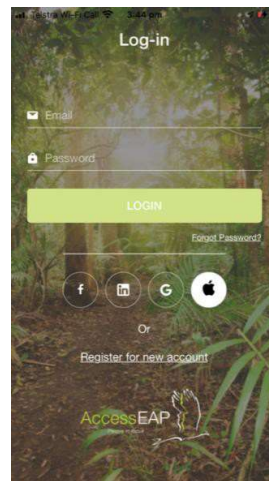
Step 10
Create Account Click OK



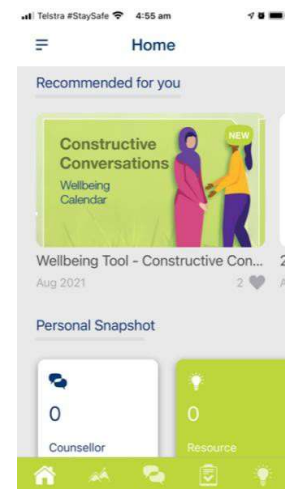
Step 11
Verify your email from the email address used



Step 12
If checking via mobile device you will receive this notification. Or go to laptop/computer.



Step 13
Go back to App

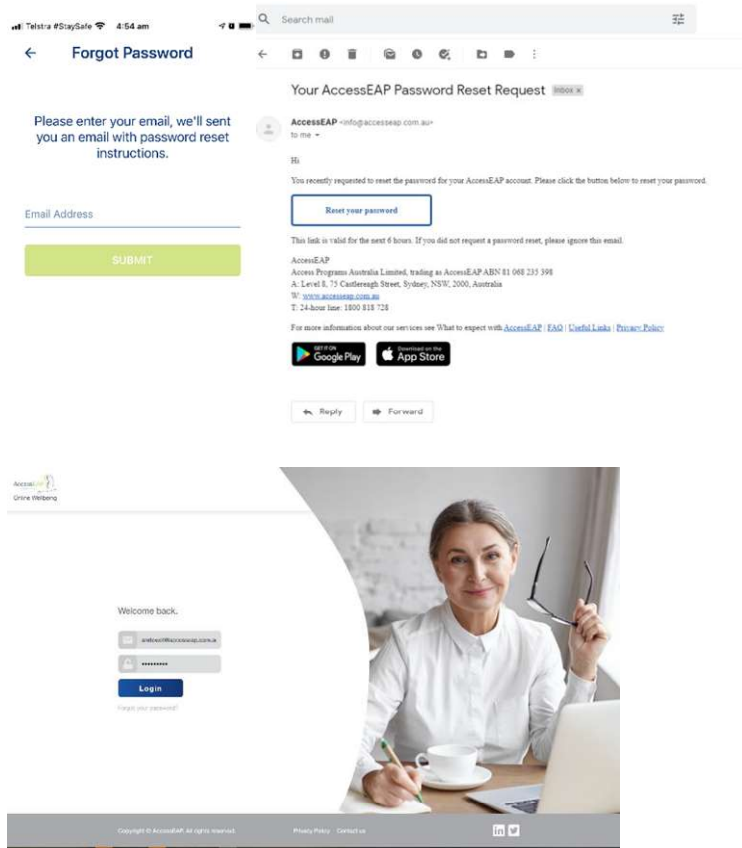


Step 14
You're ready to go!





If you lose your password?? Click on Forgot Password.



Verification will happen just like when you signed up... it's simple.

We welcome your feedback which you can send to info@accesseap.com.au. Please share it with us and allow us to continually improve our services. Thank you.

If you require additional support please contact AccessEAP on 1800 818 728.

