

# Our Employee Assistance Program (EAP) app is now live!

## DOWNLOAD TODAY



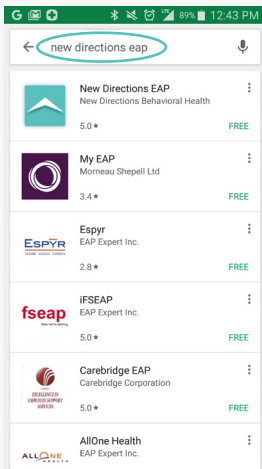
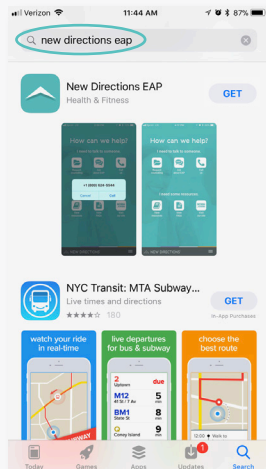
Download on the  
App Store



GET IT ON  
Google Play

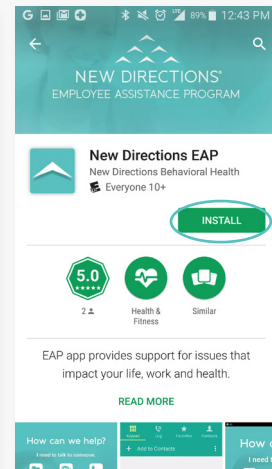
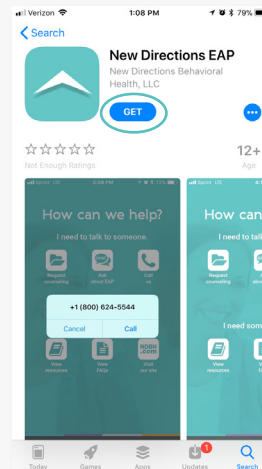
### STEP 1

Open your Apple/Google store on your mobile device and search for “New Directions EAP”



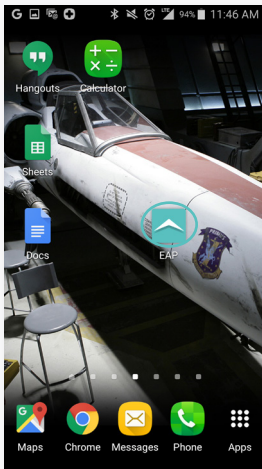
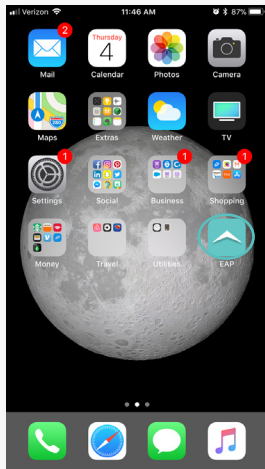
### STEP 2

Select the “New Directions EAP” app and either click “GET” or “INSTALL” to download



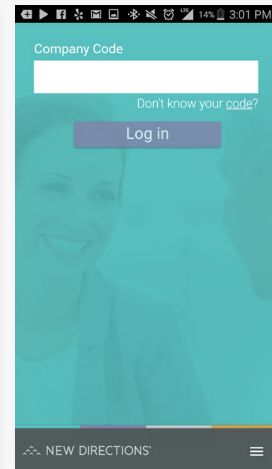
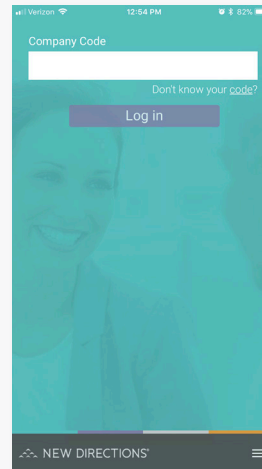
### STEP 3

Find the EAP app on your home screen and click to open



### STEP 4

Enter your company code



# REACHING YOUR EAP JUST GOT EASIER

1. Request an EAP counseling session
2. Call our 24/7 EAP Help Line
3. Get tips and read articles to improve health and well-being
4. Ask questions about the EAP benefit
5. View frequently asked questions about the EAP benefit

