



My EAP

Employee Assistance Program (EAP) mobile device application.

Discover information, support and practical solutions for issues that impact your work, health and life directly on your mobile device.

My EAP is the world's first mobile device application providing fast and easy self-service access to employee and family assistance program services including:

- Expert health and wellness articles
- LifeSpeak On Demand expert videos
- Secure and confidential E-Counselling

My EAP for iPad has additional new features and improved functionality including ability to:

- Search articles for specific support topics;
- Bookmark articles to Favourites for easy repeat access;
- Share articles with family and friends;
- Send an instant My EAP referral link family and friends for easy download;
- View expanded article abstracts to help choose the best support;
- Discover the latest news, articles and videos, app updates with helpful new home screen messages.

Downloading My EAP

My EAP is free to download on your mobile device. Now available on iPhone, iPad, BlackBerry and Android devices, visit your device app store or shepellfgi.com/MyEAP. Or simply the QR code with your mobile device.

Fast and Easy Navigation

Choose Work, Health, Life and EAP services by selecting the corresponding square on the My EAP home screen. Information related to the selected area of interest will be found including both articles and videos.

E-Counselling Access

Press the Login to E-Counselling button on the home screen to engage in private written dialogue with a professional E-Counsellor anytime, anywhere on your mobile device. Shepell·fgi's E-Counselling sessions are hosted in our online Private Conference Area with fully secure data transmission and storage. Review all your conversations with your E-Counsellor on your mobile device or computer.

Immediate Telephone Assistance

If at any time you require immediate assistance, press the phone number provided at the bottom of each screen in order to reach our Care Access Centre toll free, 24 hours per day, 7 days per week.

Device and system requirements to run My EAP include iPhone [3G, 4G], iPod Touch, iPad OS 4 or higher, BlackBerry [Bold, Curve, Torch] device software V 5.0 or higher or Android device software OS 2.2 or higher. A QR code scanner or reader may be required.

To find out more about My EAP offered through Shepell·fgi, please contact us at 1 877 890-9052 or visit shepellfgi.com/myeap.



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