



VITAL WorkLife App

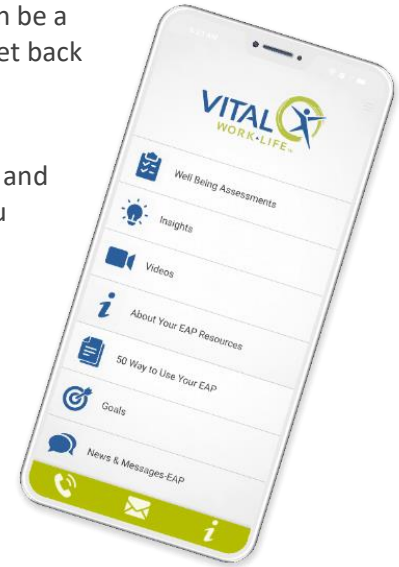
Highlighting Your EAP Resources: VITAL WorkLife App

By Amy Tiffany

Your life is busy. Balancing work, family, your physical and mental health can be a lot—and sometimes external support can help you overcome hurdles and get back on track.

The VITAL WorkLife App is a new resource as part of your VITAL WorkLife Employee Assistance Program (EAP). This new resource can help you assess and improve your well being and easily access your EAP resources whenever you need them. The VITAL WorkLife App was designed to help you:

- Assess and improve your well being
- Improve your understanding of your VITAL WorkLife resources
- Simplify access to your VITAL WorkLife EAP resources



What can I do with the VITAL WorkLife EAP App?

The VITAL WorkLife App has many features to support your well being goals, including:

- Take Well Being Assessments
 - Take assessments in each Dimension of Well Being (Professional, Emotional, Relational, Physical, Spiritual and Legal/Financial)
 - Take the Mindfulness Attention Awareness Scale (MAAS) Assessment
 - After completing each assessment, you will receive recommendations based on your results
- Watch well being videos, including mindfulness videos and your EAP Orientation video
- Read Insights organized by each of the six dimensions of well being
- View information and program flyers about your EAP resources
- Tap to call or send a message to VITAL WorkLife, to connect directly with your resources

How do I access the new app?



Download the VITAL WorkLife App from your favorite app store (search for *VITAL WorkLife*) and log in with your organization's credentials. If you don't know your log in information, contact your HR manager or we can assist—you can call us at **800.383.1908** for this information.

What other resources are available to me as part of my EAP?

Your VITAL WorkLife EAP is designed to make every aspect of work and daily life more productive, less stressful and more fulfilling—for both you and your family. Your VITAL WorkLife EAP is:

- Offered at no cost to you and your family members
- Confidential—your employer doesn't know who, when or why anyone uses the resources
- Flexible—live telephonic support is available anytime, day or night

Your EAP Includes the following well being resources:

- Unlimited in-the-moment telephonic support
- Face-to-face counseling sessions
- Nurse Peer Coaching
- Educator Peer Coaching
- VITAL WorkLife App
- Legal and Financial Resources and Consultations
- Online Resources, including your Member Website

Read more about all of the resources available to you and your family members on your [VITAL WorkLife App!](#)

We Can Help

How do I access my VITAL WorkLife resources?

It's easy! All you have to do is contact us at [800.383.1908](tel:800.383.1908), or you can connect with us through the VITAL WorkLife App. Let us help you on your pathway to well being. Help is just a phone call away!