



## Mobile App

### VITAL WorkLife App FAQ

#### *Your Resource to Well-Being*

The VITAL WorkLife App is part of your Employee Assistance Program and is designed to help assess and improve well-being, improve understanding of your resources and simplify access.

#### What can I do within the app?

- Take well-being assessments
- Learn more about your resources and how to access them
- Access the VITAL WorkLife YouTube channel
- Easily access your orientation video for an overview of your VITAL WorkLife Well-Being Resources
- Keep current on Insights organized by dimension of well-being

#### How do I access the app?



Download our App

- Download the VITAL WorkLife App from your app store or scan the QR code.
- Select “register” to create your new profile, using your name, preferred email, password of your choosing, and Company Username.
- Company Username:

*If you've previously used the app, our log in process has been improved to provide you more security and confidentiality. You will be prompted to create a new profile using your own credentials and Company Username.*

#### Will my information remain confidential?

Yes. All of your Personal Health Information (PHI) in the app, or in the assessments, is strictly confidential and is never shared.

#### Is this login information the same for the Member Website?

Your Company Username is the same for both, but the passwords will differ.

#### What if I don't remember my login or I have questions?

Contact VITAL WorkLife at **320.223.7220** with questions or for help troubleshooting any technical issues, and at **800.383.1908** for general resource related questions.

