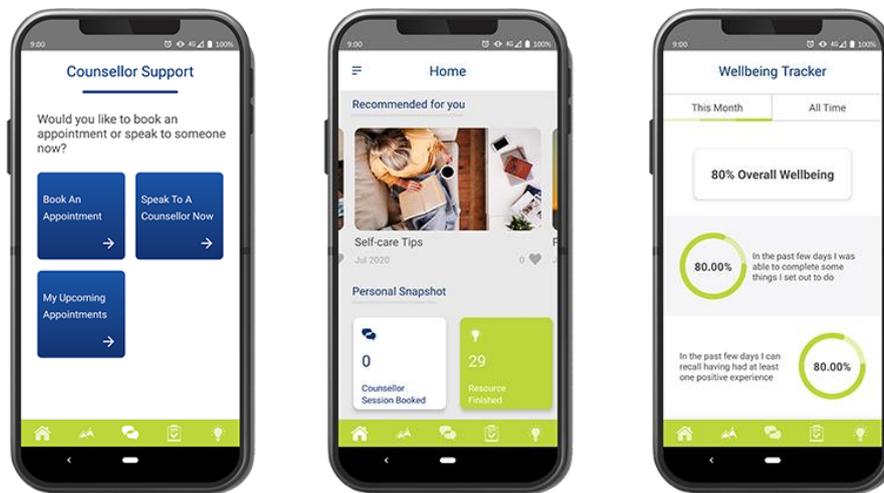




## Leader Tool - AccessMyEAP

Supporting you and your people to thrive

When natural disasters and events which could impact the wellbeing of your people occur, it is good to know that support can be accessed from their mobile device. Our **AccessMyEAP** App, launched late last year, has an emphasis on improving wellbeing. The App provides you and your people access to our counselling booking portal, live chat and more. It is a powerful tool to put control of your wellbeing into the palm of your hand. Downloading the App is a great first step to understand how wellbeing impacts the day to day of life. As a leader, your role in helping your people to take charge of their wellbeing is vital.



**All eyes are on you!** Well, maybe not physically. Your people look to you to model behaviours of wellbeing and health. Are you benefitting from the apps up to date resources and Wellbeing Tracker? Downloading the App and registering is easy and explained in this short video. Once you get to know your way around the AccessMyEAP App, you can encourage your people to do the same.

**When words aren't enough.** We have a great toolkit of promotional materials to help you raise awareness of how the AccessMyEAP App can benefit your people and how easy it is to download and use. [See here.](#)

**Taking charge doesn't mean going it alone.** The AccessMyEAP App puts several ways to seek support in the palm of your hand. The App is a wonderful wellbeing tool, but nothing replaces checking in with your people to make sure they feel heard and understood. Your team will find the benefits of working together and supporting each other in productivity as well as in a thriving culture.

**Strength in numbers.** The AccessMyEAP app reporting functions will allow you to discover trends and themes in terms of how your people are engaging with their EAP and wellbeing programs. This allows us to work together to focus on areas which will have the greatest impact for you and your people. However, this information can only be used and can only be useful when a significant number of users are registered and active.



**Follow up.** Each individual will use and access resources on the App differently; our role as leaders is to follow up, be curious, and check-in that your people are getting support or using the resources available. Each interaction with your people should be authentic and honest.

**We're here for support.** Over the last few months, our Relationship Managers have reported an increase in requests from organisations on ways to increase app downloads and usage. We have an AccessMyEAP app promotion toolkit which we update with new ideas. Your Relationship Manager is happy to help you, help your people, so please get in touch.

If you have any further questions or would like to discuss a specific concern contact our Manager Support Hotline or your Relationship Manager. As always, as your EAP we are here to support your people whatever the nature of their concerns, please contact AccessEAP on **1800 818 728**.

