



VITAL WorkLife EAP App

A new resource to support well being

About the VITAL WorkLife EAP App

We are excited to launch the VITAL WorkLife App as a NEW part of your Employee Assistance Program (EAP) resources! The app has been 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 includes many features to support your well being goals.

- 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
- Read Insights organized by dimension 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 and log in with your organization's credentials to access your EAP resources.

- Username:
- Password:

Simply search for *VITAL WorkLife* in your app store and click to download the app.

If you forget your username or password, contact VITAL WorkLife at **800.383.1908** to request your login credentials.



Will my information remain confidential?

Yes. All information provided in the app, or in the assessments, is strictly confidential and complies with HIPAA requirements.

What should I do if I have questions or experience technical issues?

Contact VITAL WorkLife at **800.383.1908** with questions or for help troubleshooting any technical issues.