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To access iConnectYou, download the app from the App Store or Google Play and register using your company's iCY passcode

ICONNECTYOU APP: NEW FEATURES

The iConnectYou App now offers more ways to connect on the go with your EAP + Work-Life benefit.

- **Self-Assessments:** Six self-assessments covering addiction and stress/burnout are now available on the app. The assessments are 100% personal and confidential, and are meant to serve as a tool on your journey of self-improvement.
- **iConnectYou Scheduler:** You can now book an initial conversation with one of our counselors for an assessment using the online scheduler. You can filter counselors based on languages, time zones, areas of expertise, and can schedule a phone or video appointment.
- **Select a Specialist Asynchronous Texting:** You can exchange asynchronous text messages with our specialists who will respond within 24 hours. . This service provides members with convenient access to specialists who can provide support for day-to-day challenges in a stigma-free, convenient environment. *Note: This is not used for structured counseling.*

