SimpleEAP

A new personalized experience



You and your family have 24/7/365 access to SimpleEAP for emotional support, work-life balance and guidance with financial, legal or family concerns. Now, connecting to care is more seamless and personalized than ever, whether you want to explore resources or talk with a counselor.

What's new?

We're excited to introduce a refreshed web platform and mobile app with enhanced features that make it easier to access support whenever it's needed, wherever it's most convenient for you.

Welcoming experience

Explore a custom dashboard that highlights recommended resources and benefits tailored to your needs.

Seamless care access

Use the scheduling tool to connect with licensed clinicians, care teams or peer groups through in-person sessions, video or text messages.

Mental health check-ins

Complete quick, expert-developed assessments that guide and support your mental health and wellbeing.



Guided paths

Access step-by-step programs on topics such as easing anxiety, building resilience and more with support at every stage of your mental health journey.

Mood tracking

Note your emotions, reflect through written exercises and receive content suggestions based on your unique needs.

Mindful practices

Discover helpful breathing and grounding tools anytime, with adjustable pacing and visual or audio guidance.

Smart notifications

Stay connected with customizable alerts for appointments, progress tracking and timely updates on current events.

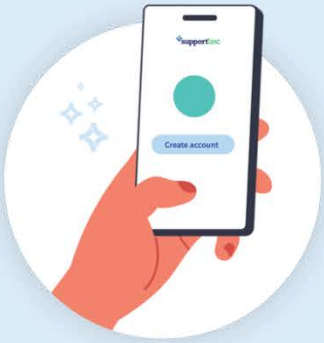
These enhancements are now live on your platform.

Log in today to take the next step in your wellbeing journey

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Support your mental health and overall wellbeing with seamless, customized care. Easily connect with a counselor or explore self-guided programs, and access resources and recommendations tailored to your needs.

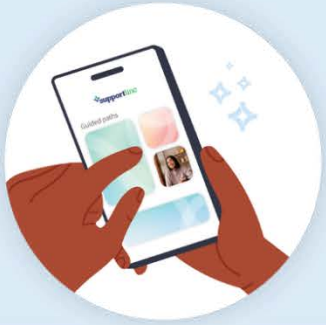


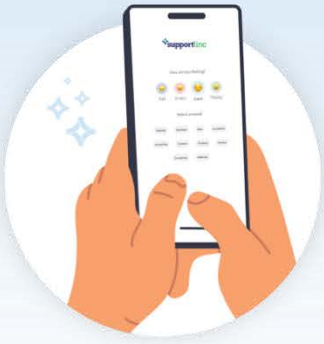
1. Access your web platform or mobile app.

Visit **simpleeap.com** or open the mobile app, click Create Account, enter your group code and set your preferences to build your personalized dashboard. You'll only need your group code once. Already have an account? Sign in with your existing username and password to discover the new experience.

2. Explore personalized tools and care options.

From your dashboard, access resources matched to your interests—text with a licensed clinician, book a counseling or coaching session, join a virtual group, start a self-guided program and use the enhanced search feature to find additional support.





3. Take the next step toward feeling like your best self.

Complete quick check-ins, track your mood, engage with interactive exercises and try mindfulness practices.

Support is always just a few clicks away.

For more details, check the FAQ section ▶

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Frequently asked questions



1. **Why did the web platform and mobile app change?** You'll notice these updates provide easier access to support and a more personal, engaging experience. Many of the resources you've used before are still here, now with a fresh design, new tools and more ways to connect to care.

2. **What's new about the sign-in process?** When you log in for the first time, you'll choose the topics and goals that matter most to you. Your dashboard updates automatically with recommendations that support your wellbeing. You can adjust your preferences at any time in the settings.

3. **How do I manage notifications and reminders?** You can adjust them at any time in your account settings, selecting the ones you receive and how often.

4. **What are the guided paths and how do they work?** These are step-by-step programs featuring mental health experts. They help you focus on one topic at a time, allowing you to make steady progress toward your wellbeing goals.

5. **How do I use the mood tracker?** Log how you're feeling anytime with a quick tap from your dashboard. Over time, you'll begin to notice patterns and triggers that can help you manage your emotions.

6. **What are mental health check-ins and screeners?** These short, expert-developed assessments provide you with immediate results and suggest the next steps or resources that fit your needs.

7. **I'm having trouble with my account. Who can I ask for help?** You can email contact@curalinc.com for assistance from our support team.

8. **Is my information confidential?** Yes! No one will know you've used the program without your written permission, except as required by law. Your information is protected in accordance with federal regulations and SimpleEAP's privacy policy.

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simpleeap.com | group code:
888-425-4800