

My HealthHero

Download the app to access
your EAP on the go

Use My HealthHero to:

- Seek mental health support
- Book a call with a counsellor
- Access expert-created resources
- Assess your wellbeing and track your mood
- Access information services such as money and debt, and legal support

1 Scan to download:



2 Enter your activation code:

Then enter registration code:

3 Create your account.

You can then use this to log in to the app in future.

That's it! You're ready to go.

