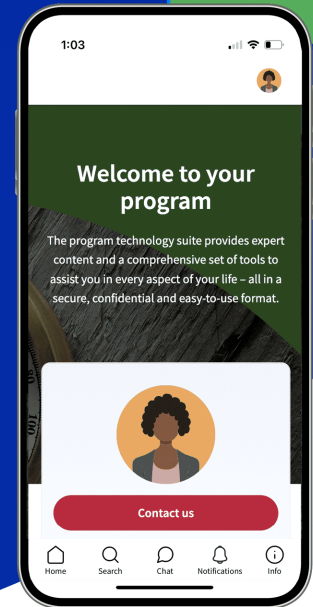




# Web portal and mobile app

Support at your fingertips



When you are coping with a challenge at home or work, group support can offer perspective, encouragement and, most importantly, the reassurance that you are not alone. Join confidential group sessions on various topics via the desktop or mobile platform. Answer questions, participate in activities and provide feedback anonymously.

## Emotional wellbeing resources available 24/7/365

Get help navigating life's challenges with confidential support from a licensed counselor and gain access a library of expert content to support your emotional wellbeing.

Access from your desktop or the convenience of your phone or tablet with the eConnect® mobile app.

## Get started!

[simpleeap.com](https://simpleeap.com)

group code:

[Log in to Member Portal to view group code](#)



Download the mobile app today!

