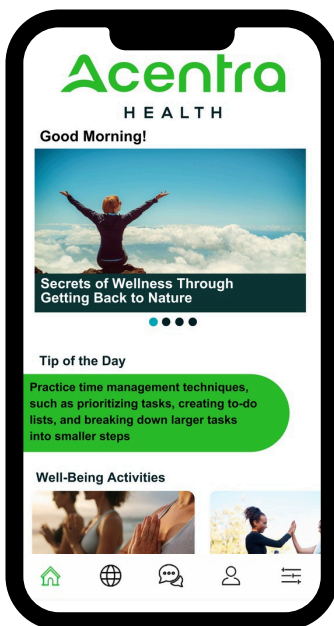


# Acentra Connect

ON-DEMAND MENTAL  
HEALTH & WELL-BEING APP



*Acentra Connect* delivers on-demand resources to help you manage your well-being with useful tips, relevant articles, assessments, and motivational exercises. Accessing your Employee Assistance Program services are easier than ever. *Acentra Connect* is secure, confidential, and available 24/7.



## 3 Easy Steps to Get Help

Resources and services at your fingertips.

1

### Download **Acentra Connect**

Download the app from the Apple or Google Play Store and use your Organization ID to create an account.

2

### Create Your Account

Use your Organization ID, full name, and email to register.

3

### Start Exploring

Update your profile, browse the resources, get immediate help, and save your favorite articles.

## **Acentra Connect's Well-Being Impact**

Find resources that help you:



Stay  
Balanced



Reduce  
Stress



Be  
Resilient

