

Connect to Greater Convenience with the **CCA@YourService App**

The CCA@YourService mobile app allows you to access support from the palm of your hand via self-paced sessions with tips, exercises, and new skills to create positive change in many different aspects of life.

Download it today and get started:

- Search **CCA@YourService** in your phone's app store to download.
- Once in the app, select **Get Started** from the welcome screen.
- Enter your access code: **JHEAP** and select Continue.
- Fill out the profile information required to create an account.
- Complete a screening and choose a goal you'd like to start with.

How can the app be @YourService?

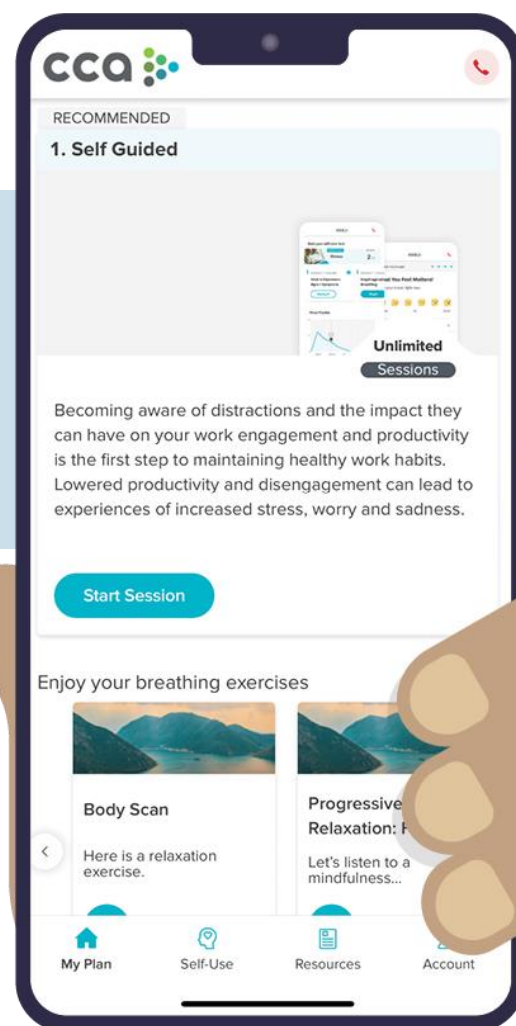
Emotional wellness screening—target areas where you might need support (e.g., stress, sleep, anger, anxiety, depression).

Self-use programs—over 20 CBT and mindfulness-based programs on topics such as:

- Improving work-life balance
- Elevating or stabilizing mood
- Managing relationship conflict
- Coping with social anxiety

Digital intake process for work-life services—bypass the phone call and submit your work-life request via the app! This includes resources and referrals for childcare, elder care, daily living, financial, health and wellness, housing, legal, parenting and education, and more.

Desktop application—visit app.myccaonline.com to access a web/desktop version of the app.



In addition to using the app, you can also connect to services by calling, logging on, or using the request form. It's free, confidential, and available to you and your household members any time, any day.

PHONE: **888-978-1262**

WEB: **myccaonline.com**

Company Code: **JHEAP**

COUNSELING SERVICES
REQUEST FORM:

jh.eapintake.com