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[myfseap.ca](http://myfseap.ca)  
website



Visit [www.myfseap.ca](http://www.myfseap.ca) to access resources, including articles, videos, self-assessment tools, workbooks, and information about counselling and other work-life services.



To access your **myfseap** site, containing customized access information, log in as follows:

***Go to: [www.myfseap.ca](http://www.myfseap.ca)***

Group/ User Name:

Password:

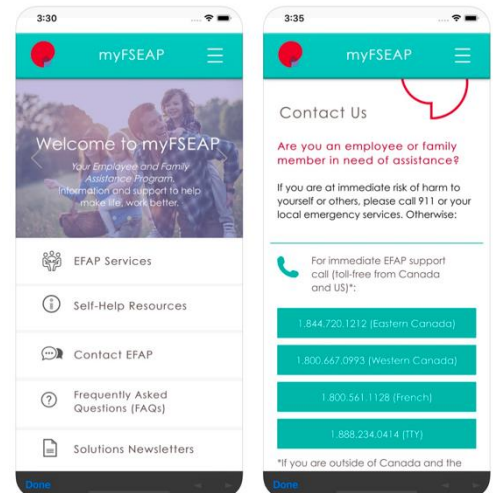
## Introducing FSEAP's myFSEAP mobile!

FSEAP recognizes that many organizations have employees and family members who are mobile and on the go. We are pleased to announce the launch of FSEAP's new myFSEAP mobile! This is a **FREE** mobile application and is available for **iPhone and Android** devices.

With myFSEAP mobile, you find the most valuable information on the myFSEAP website is available on the mobile app and optimized for navigating on smart phones. The app offers a convenient way to access important information about EFAP services, as well as valuable self-help information to support you on your journey to make life, work better.

### With myFSEAP mobile you can:

- ✓ Contact the EFAP (by phone or by submitting an online service request) directly from the app with the touch of a button
- ✓ Login to view information specific to your benefit
- ✓ Review EFAP services details and Frequently Asked Questions
- ✓ Access FSEAP *Solutions* health and wellness newsletters
- ✓ Conveniently access to online self-help resources and tools
- ✓ Search and scroll through a library of health and wellness articles on topics such as health & well-being, family & relationships, life, work, and more.



Click on the icon below to install the app for your device, or search "myFSEAP" in your device's store.



To Login, go the menu, select login, and enter your **username and password** (available below) – the same login you use to access your myfseap page on your computer ([www.myfseap.ca](http://www.myfseap.ca)).

To login to your myFSEAP web page or myFSEAP mobile page:

**Username:**

**Password:**