# Get the Homewood Health App



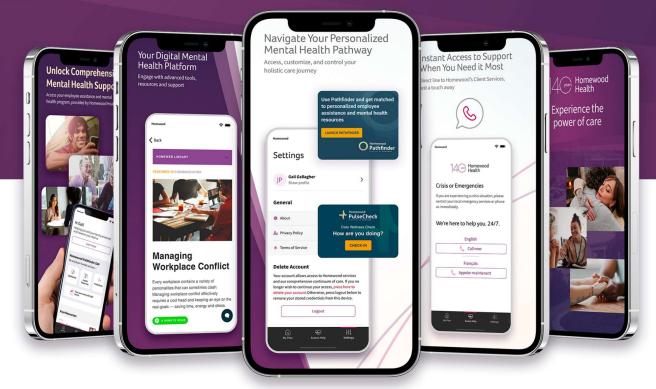
Support, Counselling, and Health Resources at Your Fingertips



Find it on the app stores - search: "Homewood Health"







Empower your well-being: The Homewood Health app provides comprehensive support for your mental health and well-being, designed for individuals, families, and employees.

## **Getting** Started:



#### 1. Download the Homewood Health App:

- · Apple iOS Devices
- · Android OS Devices
- Or visit homeweb.ca/app

#### 2. Log In or Register:

- · Use your HomeWeb account email and password to log in.
- New to HomeWeb? Register directly through the app.

#### 3. Access Support:

• Engage with 24/7 access to mental health resources and support.

### App Features

- Instant Connection: One-touch access to your Homewood EFAP Client Services Centre for immediate support.
- 24/7 Availability: Access support anytime, anywhere.
- Plan Services: Utilize counselling support, assessments, and daily wellness tracking & recommendations.
- Comprehensive Care: From immediate assistance to self-help tools, we provide the support you need.
- Health Resources: Explore expert articles, tools, and supports.
- Online Therapy: Access transformative online therapy programs through Sentio or i-Volve.
- Seamless Integration: Sync with your HomeWeb account for a smooth and user-friendly experience.