

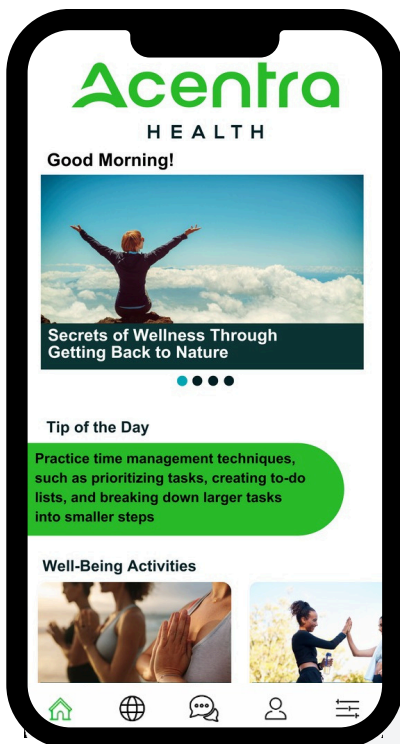
# Acentra Connect

An on-demand mental health and well-being app designed to access digital resources right at your fingertips.



## Connect to Resources That Support Your Well-Being

*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.



## Quickly Access Helpful Resources

Check out the content library by topic to get to the resources you need instantly.

## Get Inspired and Stay Motivated

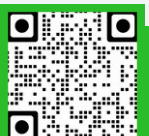
Receive motivational tips to help keep your focus on track and shift your mindset. Save your favorite articles, too!

## Chat or Text Tess for Immediate Support

Easily contact Tess, your digital chatbot, for unlimited conversations and emotional support through the app or by texting "Hi" to (442) 245-8065.

## Talk to a Counselor

Connect with a mental health professional right away. No referrals or waiting for appointments.



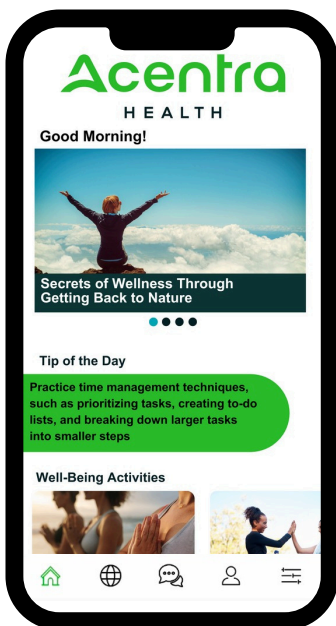


# Acentra Connect

ON-DEMAND MENTAL  
HEALTH & WELL-BEING APP



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## 3 Easy Steps to Get Help

Resources and services at your fingertips.



### Download **Acentra Connect**

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



### Create Your Account

Use your code, full name, and email to register.



### 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:



Code: IOWA

Download the app  
today for on-demand  
access & resources

