



# BALANCY

Your Well-Being, One Tap Away



Managing work, family, and everyday life can feel overwhelming, you don't have to do it alone.



With the Balancy App, you'll have 24/7 mental-health and wellness support right at your fingertips.

## WHAT YOU CAN DO INSIDE THE APP

- Track your mood and energy levels
- Learn personalized stress-relief tools
- Access calming exercises, meditations & sleep support
- Receive daily reminders to recharge emotionally
- Explore micro-skills for confidence, communication & resilience
- Connect with your Employee Assistance Program (EAP) for counseling support

## CREATED TO MAKE WELL-BEING REALISTIC

No long sessions.

No extra appointments.

Just simple, practical tools that fit your busy schedule, anytime, anywhere.

**TOLL-FREE: 866-212-6096**

**WEBSITE: <https://neelyeap.helpwhereyouare.com>**

**COMPANY CODE: CTEMP**

## 100% CONFIDENTIAL

Your employer will never see individual app activity, mood logs, or personal information.

## Ready to get started?

**Download the Balancy App and activate your free EAP benefits through the app today!**



Scan QR Code

OR Download from the App Store / Google Play and search "Balancy"

Access Code: **326643**