



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: TRS

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: **XXXXXX**