

Support and information

as and when it's needed.

For employers.

EAP in your Pocket

Providing employees with support and information when they need it most could be invaluable. We have partnered with Care first to provide you with access to a new employee assistance app – EAP in your pocket (IYP).

The app provides easy access to established employee assistance services including:

- **Stress Free Island** – a proactive digital prevention tool to help manage stress and anxiety.
- **Direct access to 24/7 counselling** provided by Care first's BACP accredited counsellors.
- **Care first Lifestyle** – an information resource containing advice, articles and webinars on a range of every day topics including relationships, childcare and bereavement.
- **Access to Care first's Information Specialists**, contactable directly from the app for help and practical advice on a range of subjects either work related or personal.

For further information please contact your adviser.

EAP in your pocket and the EAP service are provided by Care first and are non-contractual benefits that can be withdrawn by Aviva at any time without notice.

| Retirement | Investments | Insurance | Health |



Care first