

Installing Care first's EAP In Your Pocket and Stress Free Island

- 1) From any mobile device, PC or laptop, enter the web address www.care-first.co.uk/signup



- 2) Enter details in the relevant fields and a password of your choosing

- 3) Type the code for your organisation and click the register button

- 4) If you are on a mobile device, you will automatically be taken to your appropriate App Store to download EAP In Your Pocket. If your details are entered on a PC or Laptop, you will be sent an email with a link. Use this link when you are next on a mobile device and follow the next steps



- 5) When the App is downloaded, open it, enter the coupon code you used to register and you will be instructed by the DAP character to 'Visit Stress Free Island' - Click continue
- 6) You will automatically be diverted to The Stress Free Island App for the store appropriate to your device. Download and press open



- 7) Stress Free Island will automatically open. Click 'login' and enter your username and password. If you click 'remember me' you will only need to do this once.