



## Employee Assistance Program SCHEDULER

The **Scheduler** is designed to seamlessly connect members with EAP's specialists.

Whether you prefer a traditional call or a video call, the Scheduler enables you to book appointments at your convenience, directly through the **iConnectYou** app or **inova.org/eap**.

- ✓ It's all about providing you with the flexibility and options to choose what works best for your needs and preferences.
- ✓ The **Scheduler** is your gateway to a more accessible and tailored support experience, ensuring you get the help you need, when you need it.
- ✓ You can book appointments to discuss various mental health topics, ranging from workplace stress to relationship issues.

**To get started:** Click the **Connect With Us** button on the website or access from the **menu option** on the iConnectYou app.

After booking your appointment with your preferred specialist in your preferred language, you'll receive a confirmation email with all the details you need, plus timely reminders to ensure you're prepared for your session.

**To access iConnectYou, download the app from the App Store (iPhone) or Google Play (Android) and register using the iCY passcode assigned to your company. Please contact your HR rep for the passcode.**