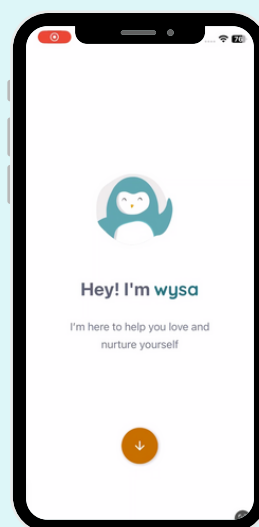# Step by Step

Access your Wysa Benefit

New to Wysa?

Step 1: Get the App!

Scan the **QR code** using a scanner on your phone or tablet
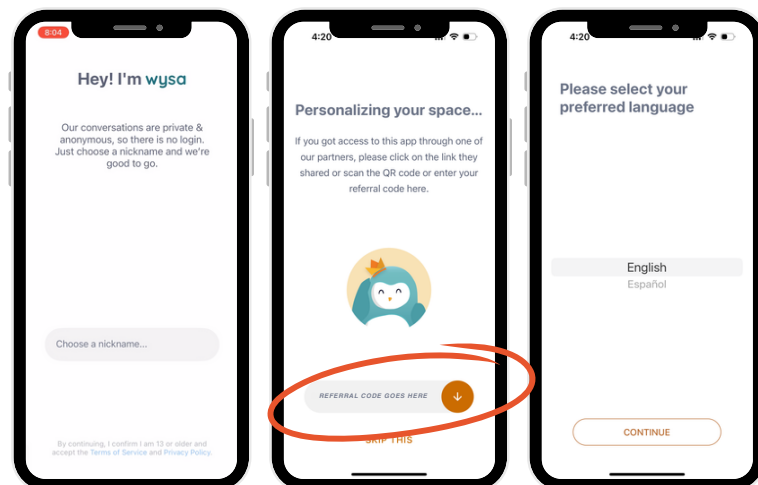
Once downloaded, the **Wysa penguin will greet you.**

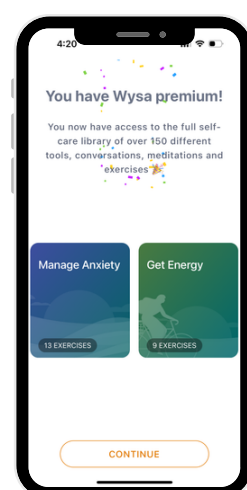**Step 2:** Get your NationalEAP Membership!

You will be taken to a series of pages to:

- ☑ Select your nickname
- ☑ Enter the code **NATEAP25**
- ☑ Select your language

Currently you can choose between English and Spanish - but more languages are coming soon!

Your special referral code is:

NATEAP25
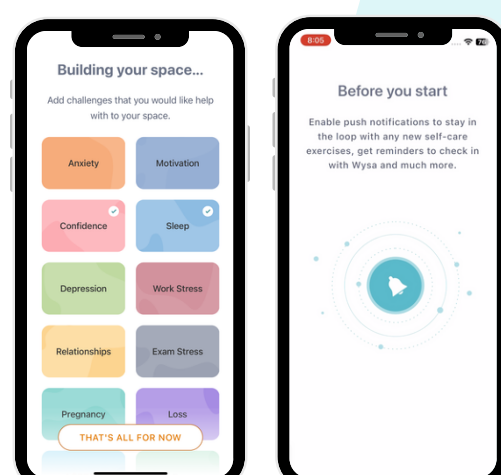
Confetti Interlude?

You are on the right track if you get the confetti! Select continue...

Step 3: Final Stretch
Personalize & Notifications

You will be taken to a series of pages to:

- ☑ Select what challenges to focus on
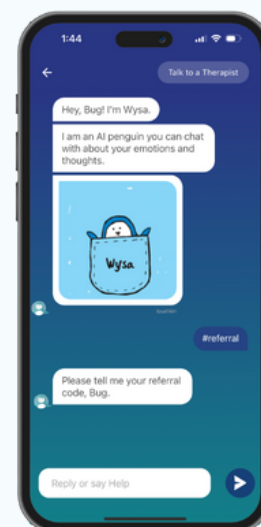- ☑ Select if you want push notifications

- Want notifications? Wysa will chirp now and again to chat and skill build into wellness togeather
- Pass on notifications? Wysa will chat and skill build into wellness with you only when you open the app.

Already Use Wysa?

There are **two options** to get access to the NationalEAP version of the Wysa app:
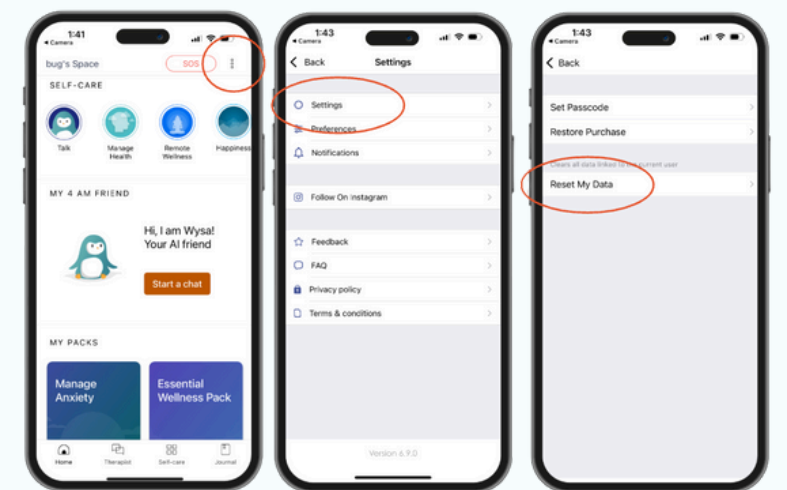
Option 1: Via the chat

Open the Wysa chat:

- ☑ type "**#referral**'
- ☑ Enter the code **NATEAP25**

Option 2: Resetting data
Please note: you will lose access to the current data with this method

- ☑ Open the **Wysa app**
- ☑ Go to **home**, select the **3 dots in the top right corner**
- ☑ Select **settings**
- ☑ Select **reset my data**
- ☑ **Scan the QR code** and follow the **"New to Wysa"** instructions

You are ready to Explore!

SOS: emergency help center

Talk: chat with Wysa

Settings: to edit your preferences

My packs: explore the exercises recommended to you

Home: to come back to the home screen

Journal: to track your journey with Wysa

Support: Connect to more of your National EAP services

Self-care: access all the tools