

# Frequently Asked Questions

## **What is Joyages?**

Joyages is a Digital Life Coaching application for Brain Health designed to help you address and manage life's common stressors!

## **What's in it for me?**

Joyages is an on-demand app that will train and equip you with the tools necessary to deal with everyday life challenges. Joyages focuses on habit formation and mindset shifting, featuring all types of content from personal development to happiness hacks and improving your relationships.

## **What categories are included?**

Joyages covers a variety of categories including but not limited to: Happiness, Relationships, Personal Development, Higher Purpose, Habits & Goal Setting, Work/Career and more!

## **What features are included?**

Joyages offers a variety of features including but not limited to: Habit Trackers, Guided Journals, Clinical Assessments, Personal Development Content, Activities, On-Demand Digital Therapy and more!

## **Can anyone see my journals?**

No one else is able to see your journals. This is a personal and private feature of the app meant for you to log your thoughts.

## **Can my employer see what videos I'm watching?**

No. Your employer cannot see which activities each individual user is participating in.

## **Will my employer know what my assessment results are?**

No. Your employer will not know individual assessment scores.

## **What does it cost?**

Joyages is available FREE to all employees and their families.

## **How do I access Joyages?**

Simply visit the app store and type in Joyages. The option to download the app will appear when Joyages pops up in your search results.

## **How do I sign up?**

Click the "create an account" button on your home screen. Fill in the fields and **make sure to include your Company Code "SMP21"**. We know privacy is important, so you don't have to use your work email when registering.

## **Can my family use it?**

Yes. The Joyages app is available to your family, and they can use the same Company Code listed above. Joyages is also available at retail for any friends that are interested.