

# WHAT IS THE ICAS ON-THE-GO APP?



The updated and innovative ICAS On-the-Go app is live! Download the free app on the Google Play or Apple App Store and access 24/7/365 EWP information and support for you and your family on all health and wellness needs.

The ICAS On-the-Go app now lets you chat via secure live text with an ICAS professional such as a counsellor, medical professional and legal advisor.

And gone are the days of remembering your toll-free number, as the app now provides you with the option to call ICAS directly within the app (remember calls are free from both cell phones and landlines). If you prefer, you can request an ICAS professional to call you at a time suitable to you.

If you'd like to get a grip on how to live your best life, the new Assessment Centre has assessments that will help you better understand your stress and how to more effectively manage your life.

Together with the added functionality, the content Library has been expanded with articles and short videos on a range of health and wellness topics.

Your company code required upon signup is:  



View health and wellness videos and articles in the Library.



Available 24/7/365, call or request a call from a professional counsellor anytime.



For further information or support related queries regarding ICAS On-the-Go, please email [mobileapp@icas.co.za](mailto:mobileapp@icas.co.za)

