

### Access EAP - It's Fast and Easy

- ✓ **Phone:** 24/7 toll free 800-531-0200 with masters and doctorate level counselors
- ✓ **E Counseling :** [inquiries@charlesnechtem.com](mailto:inquiries@charlesnechtem.com)
- ✓ **Text:** Via website and mobile app to connect with an EAP counselor and/or set up virtual sessions with an EAP counselor
- ✓ **Mobile APP:** Feature
  - Call Us 24/7 at 800-531-2040
  - Email your concern at [inquiries@charlesnechtem.com](mailto:inquiries@charlesnechtem.com)
  - Text us and/or schedule a virtual appointment with an EAP counselor at your convenience
  - Submit your therapist referral questionnaire and the counselor will send you 3 matched therapists via your preferred contact method
  - Access interactive self -help wellness library with 25,000 resources

\* CNA Assistance Apps are available at Apple App Store and Google Play



To Access Mobile APP:

1. Download Mobile APP -CNA Assistance
2. New User? Sign Up
3. Register as New User, Employer – **Cumberland** - Search

- ✓ **Website:** [www.charlesnechtem.com](http://www.charlesnechtem.com)
  - Text us and/or schedule virtual appointments with an EAP counselor at your convenience
  - Submit your therapist referral questionnaire and the counselor will send you 3 match therapists via your preferred contact method
  - Access interactive self-help wellness library with 25,000 resources

To Access Website:

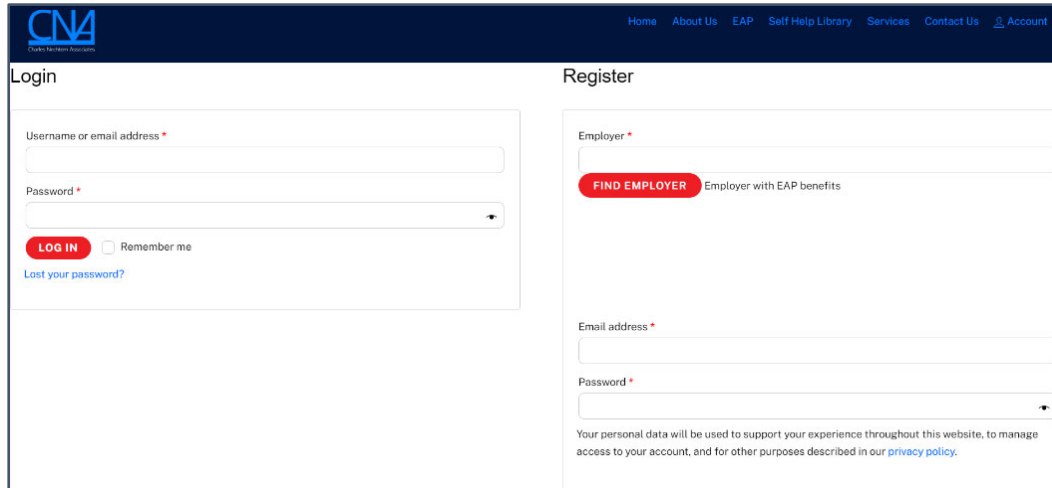
4. Go to [www.charlesnechtem.com](http://www.charlesnechtem.com)
5. Click Account
6. Register as New User, Employer -**Cumberland**

- ✓ **Self-help wellness library** that provides a wide variety of behavioral healthcare solution for more balance life. We hope our assessments, videos, quizzes, courses, eBook, webinar, articles, calculators, and presentations on a myriad of topics that will offer your assistance and convenience. Develop many new skills from the digital lessons and exercises.

## To Access library:

1. Go to website: [www.charlesnechtem.com](http://www.charlesnechtem.com) – Self Help Library Tab –Library
  2. Login to CNA Mobile APP
- Access the special features (webinars, training, courses etc.). Please register as a new user
  - Enter your company name (**Cumberland**)
  - Once registered, write down your username and password to easily access special features in the future

## Website Login Page



The screenshot shows the website's login and registration interface. At the top, there is a navigation bar with links for Home, About Us, EAP, Self Help Library, Services, Contact Us, and Account. The main content area is split into two columns: 'Login' and 'Register'.

**Login Form:**

- Username or email address \*
- Password \*
- LOG IN button
- Remember me checkbox
- Lost your password? link

**Register Form:**

- Employer \*
- FIND EMPLOYER button (with subtext: Employer with EAP benefits)
- Email address \*
- Password \*
- Privacy notice: Your personal data will be used to support your experience throughout this website, to manage access to your account, and for other purposes described in our [privacy policy](#).

## Wellness Library Login Page



The screenshot shows the Wellness Library login and registration interface. It features a CNA logo at the top left. The page is divided into two main sections: 'Register' and 'Sign In'.

**Register Form:**

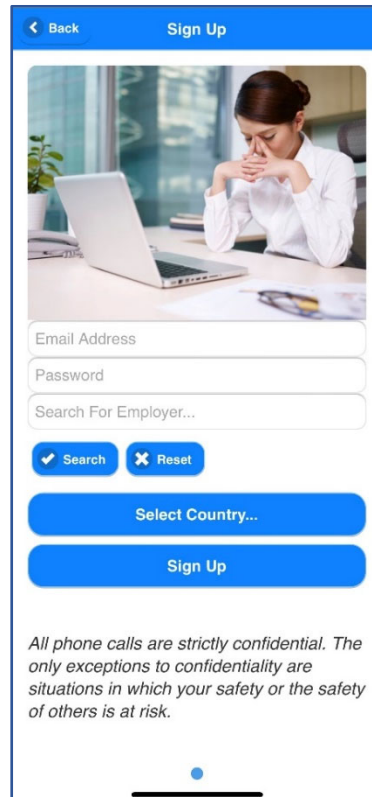
- User Name
- Company Name
- Password
- Verify Password
- Reminder: What is your mother's maiden name (dropdown menu)
- Passphrase
- Agree to terms of use checkbox
- Sign me in for 30 days checkbox
- REGISTER button
- CANCEL button

**Sign In Form:**

- User Name:
- Password:
- Remember Password checkbox
- Keep me signed in for thirty (30) days unless I log out (checkbox) (in a shared computer)
- SIGN IN button

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## Mobile APP Sign UP Page



The screenshot shows the mobile app's sign-up page. It has a blue header with a 'Back' button and a 'Sign Up' title. Below the header is a photo of a woman sitting at a desk with a laptop, looking stressed. The form fields include:

- Email Address
- Password
- Search For Employer...
- Search button (with checkmark icon)
- Reset button (with X icon)
- Select Country... button
- Sign Up button

At the bottom, there is a disclaimer: *All phone calls are strictly confidential. The only exceptions to confidentiality are situations in which your safety or the safety of others is at risk.*