

Logo



App Overview

Joyages is an on-demand app that teaches skills for dealing with life's daily stressors. Designed by a team of psychologists and brain health researchers, Joyages' robust offering of videos and tools helps you deal with being sad or stressed, rather than avoiding the normal challenges of life. The app includes 24/7 access to developmental resources as well as personalized support from licensed providers. By spending three minutes a day with Joyages you can become happier, more resilient and lead a more fulfilling life.

Free downloads during the month of September.

www.Joyages.com

[Download for Apple](#)

[Download for Android](#)

Joyages Videos

- 1) Intro to Joyages
[We're Here to Help](#)
- 2) Sample video, third of twelve included in "Overcoming Stress" mini-course
[Recognizing Your Stress Triggers](#)
- 3) Sample of co-creation with American Foundation for Suicide Prevention, one of nine videos included in "Preventing Suicide Together" mini-course
[AFSP – Know the Warning Signs](#)

Contact for media inquiries or app demos:

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User Testimonials

“[Joyages] has challenged me to think about how I feel and I’m offered opportunities to be proactive about it... When that happens, I get hope that I am in more control of my life.”

- *Carlos, 23 years old*

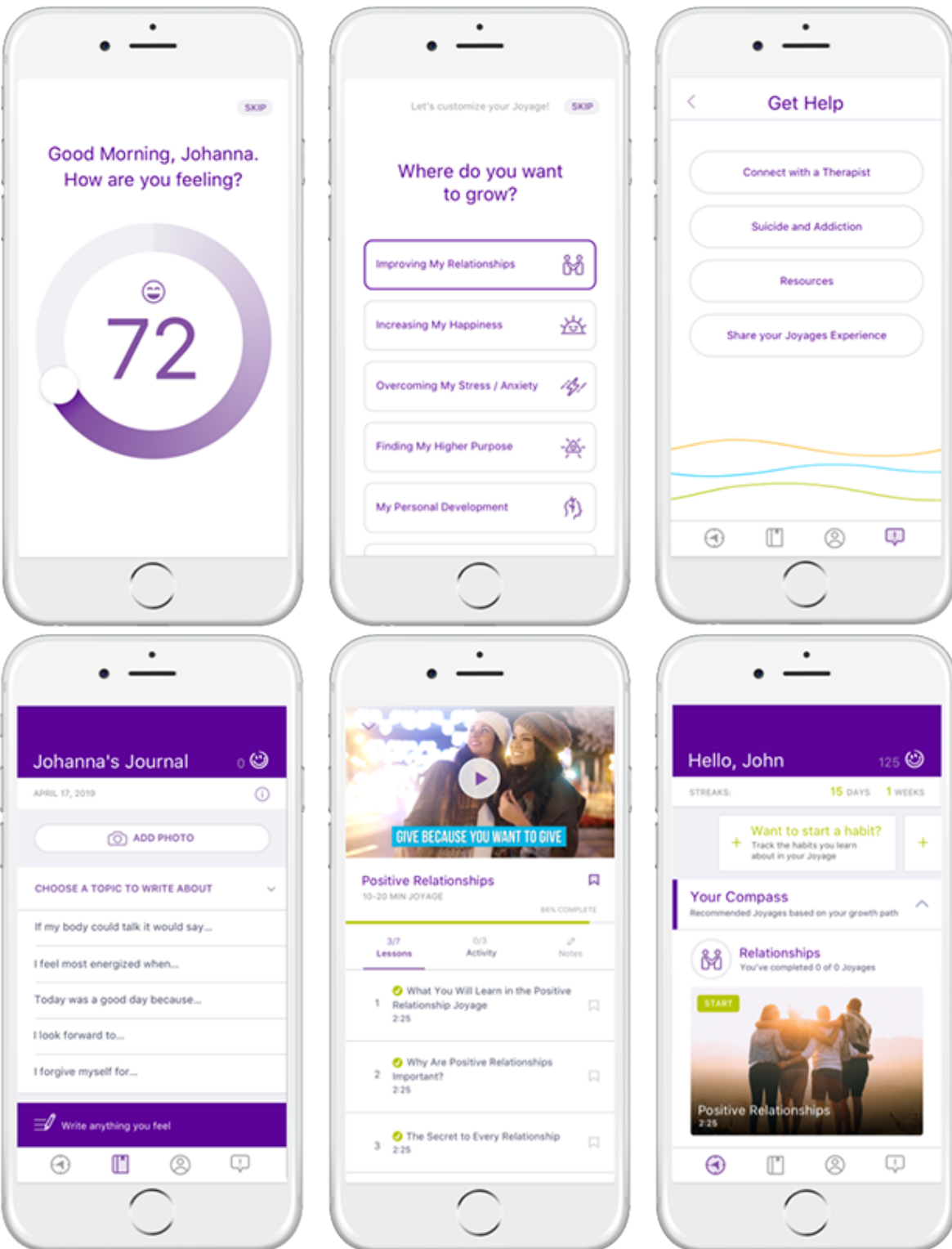
“I’ve been feeling very sad today and yesterday. The Joyages app helped break my mind out of the same sad, repetitive thoughts.”

- *Danetta, 21 years old*

Company Overview

Joyages is offered by ACAP HealthWorks which is a national leader in employer healthcare expense reduction offering a stark difference from traditional wellness companies. ACAP believes that employers play a vital role in employee health and by upgrading employee health, employers can upgrade the health of their business. ACAP provides programs that have been clinically proven to help employees become healthier and reduce overall healthcare expense. While most programs waste time and money by measuring participation alone, ACAP offers guaranteed solutions with clinical results you can measure. ACAP offers a range of solutions for employers and health insurers to offer to their covered members, including the industry-leading Naturally Slim® program. Find out more by visiting www.ACAPHealthworks.com.

Screenshots:



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