

Greetings Crossroads Employees!

We Need Your Help!

Crossroads is considering offering a new benefit to employees called **Joyages**, a new brain health app designed to help you reduce stress and live happier. We'd like to see if this is something that employees would have an interest in utilizing.

We need YOUR help testing out the app!

From now through July 1st, all employees are receiving free and unlimited access to the **Joyages** app!

Do you feel **overwhelmed** with the challenges of life?

Are you dealing with a **stressful relationship**?

What about **struggling to manage your time** and **find balance**?

Joyages

Think of **Joyages** as a personal trainer for your mind. The app has hundreds of articles and video-based courses.

Whether you've got 5 minutes or want to spend two weeks diving in, **Joyages** has you covered.

As you log in each day to share your mood, **Joyages** will keep track of how you're doing and share advice.

You'll have a customized and confidential support system at your fingertips.

You can start using **Joyages** today for free! Simply visit the app store on Apple or Google Play, search for **Joyages**, and download the app.

Signing up is quick and easy – you're just a few minutes away from starting a Joyage!

Important: To gain free access, enter company code 1F37 when registering

Questions? We're here to help. Email info@joyages.com.