

## How to get started?

To get started after purchasing access to the app, Human Resources managers provide a code to employees. Employees (and/or their families) then download the app from either Google Play or the App Store, create their own accounts, and begin using the app.

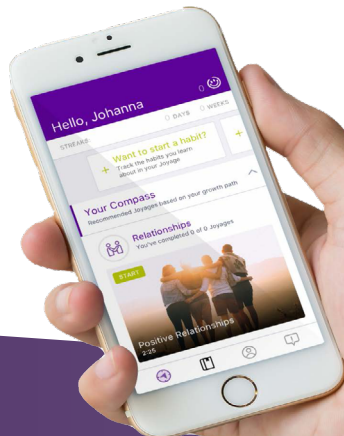
**Note:** Employers can only access general data about app use—no personal information about employees is shared.

Learn more about Joyages:

[iu13.org/Joyages](http://iu13.org/Joyages)



Joyages is available on Google Play and the App Store. Unlock the app's features using your company's unique code



## Contact us to sign up for Joyages!

Purchase Joyages access through IU13 to get better rates. To start utilizing Joyages in your school entity, contact us to set up an information session.

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# Joyages

*An app that teaches you to handle life's toughest moments*



# handle life's toughest moments Joyages



## A Happier, Healthier You? There's an app for that.

Joyages offers your school staff (and their families) access to an on-demand coaching app that teaches skills for dealing with life's daily stressors.

Developed by psychologists and brain health researchers, and rooted in the science of neuroplasticity and positive psychology, Joyages' robust offering of videos and tools helps you deal with being sad or stressed, rather than avoiding the normal challenges of life.

Spend just three minutes a day with Joyages to become happier, more resilient, and lead a more fulfilling life.

### FEATURES



24/7 Access  
to Resources



3-Minute  
Videos



Personalized  
Support

The app starts with an assessment of where a user is at right now, then moves on to where they want to go. Goals include, but are not limited to: Happiness, Relationships, Personal Development, Higher Purpose, Habits & Goal Setting, Work/Career, and more!

Joyages offers a variety of features including but not limited to:

- Habit trackers
- Guided journals
- Clinical assessments
- Activities
- On-demand digital therapy
- and more!

All employee interactions with Joyages stay within the app—employers cannot access assessments and journals, or see what in-app videos a user is watching.

## Joyages for Educators

The app has additional content just for educators and administrators, broken down into seven courses:

Course 1 – Learn different ways to hone in on your craft to tackle the complexities and challenges of the industry.

Course 2 – Explore what gives you purpose and drives your authenticity.

Course 3 – How do you build a community around you and your classroom?

Course 4 – How can we thrive through chaos?

Course 5 – Explore ways to become the “antifragile teacher.”

Course 6 – Are you the school's leader? Learn ways to build support systems for your teachers.

Course 7 – Understand ways to create better relationships with your students' parents.



IU13 has partnered with Joyages to provide this exciting tool to the staff at Pennsylvania schools/school districts at a special price. Contact IU13 to learn more.