

# National 360

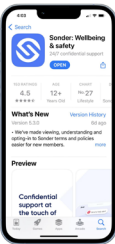
## EMPLOYEE ASSISTANCE PROGRAM SONDER

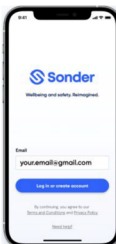
National 360's Employee Assistance Program is available to all team members at no cost. Our EAP provider, Sonder, is a wellbeing and health support platform app.

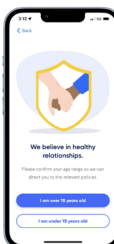
National 360's agreement with Sonder not only supports our team members, but it also extends to immediate family members too, meaning you and your loved ones can access:

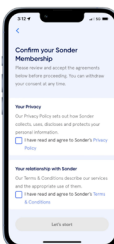
- 24/7 mental wellbeing & medical support
- Proactive alerts sent directly to your mobile phone
- Safety support, including 'Track my journey' and 'Check on Me'.
- Wellbeing resources, including self-care content, workouts, and information on how to get a better night's sleep


### How to access Sonder – Email & Password


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Scan the QR Code to download the app from the App Store or Google Play
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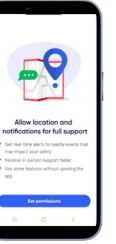
Enter your email address
- 

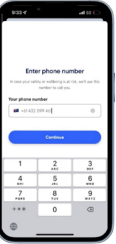
Confirm your age
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Accept the privacy and terms
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Re-enter your email address (Android only)
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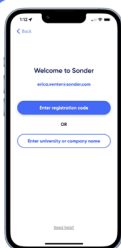
Check your inbox for an email from Sonder as part of our authentication processes
- 

Open the email to set a strong and memorable password
- 

Set permissions for notifications and location settings
- 

Enter your phone number and verify by entering the confirmation code sent via SMS
- 

You're now ready to access and use the Sonder app



If, after entering your email, you see the registration code, university or company name screen, either:

- you have not entered the correct email, or
- your organisation has not provided Sonder with your company email

Go back to step 2 and enter your company email, or contact your IT/HR/People team to submit your email to Sonder



For registration or login support, email [hello@sonder.io](mailto:hello@sonder.io)