## **GuidanceResources**®

## How to Access Koa Foundations



Go to guidanceresources.com and login. First-time users register using Web ID:



On the main landing page, scroll down to **Additional Tools & Resources** and click the **Digital Self-Care Tools** Tile.



## **GuidanceResources**®



Enter a valid email address in the webpage that pops up.



Download the app to sign up and create an account. Use the same email address as in step 3.







24/7 Live Assistance: Call: TRS: Dial 711



Online: guidanceresources.com App: GuidanceNow<sup>™</sup> Web ID:



Copyright © 2023 ComPsych Corporation. All rights reserved. To view the ComPsych HIPAA privacy notice, please go to www.guidanceresources.com/privacy. ComPsych complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.