



## The Student Wellness Mental Health Programme that's just for you

We have a special gift just for you. We're proud to present SWS ICAS On-the-Go, the app that makes accessing your wellness programme a quick and easy process. Now you and your student peers have full access to the Student Wellness Mental Health programme right at your fingertips.

### Here's what you need to do to access the service:

1. Search for SWS ICAS On-the-Go in the Google Play Store and Apple App Store. For other operating platforms please visit [mobi.icas.co.za](http://mobi.icas.co.za).
2. Once downloaded, select the dark blue box which reads "Register with your Student code".
3. Fill in the form to register, your company code is:  UCT001
4. Once registered, you can sign in to access the app. Click on the "Go to home" button.
5. You can now make the most of your Student Wellness Mental Health programme

### Here are some frequently asked questions in case you need any more help:

- Q: Will SWS ICAS On-the-Go work on any smartphone?**  
**A:** It certainly will. Download the app for free and start using it straight away. The app is available on the Google Play Store and the Apple App Store. For other operating platforms please visit [mobi.icas.co.za](http://mobi.icas.co.za).
- Q: Does it use data?**  
**A:** Yes it does. The same amount as viewing a standard website.
- Q: How do I ask for help?**  
**A:** No matter which page you're on you can request a call back, or call a counselor directly. All methods of contact can be accessed from the bar menu at the bottom of the screen.
- Q: Who's allowed to use the app?**  
**A:** All registered UCT students may use the app any time of the day or year!
- Q: Is my information still confidential?**  
**A:** Contacting ICAS through the app works exactly the same as when you contact ICAS any other way. The information you provide remains confidential.
- Q: Who to contact if you have challenges with the App?**  
**A:** [ONTHEGO@ICAS.CO.ZA](mailto:ONTHEGO@ICAS.CO.ZA)

## A wealth of services available to you



View health and wellness videos and articles in the Media Centre.



Find SWS flyers and brochures



View important health and wellness dates in the calendar. Please contact SWS if you would like to add your own calendar events, such as wellness days.



Receive instant push notification messages relating to important notices (currently in development).



For For counseling, select "Give us a call" from the bottom bar menu.



For your knowledge, utilisation trends can be monitored through data analytics.

To protect SWS ICAS On-the-Go from any attacks, the app has undergone a series of penetration tests and is constantly being updated and monitored with the latest hardware and software technology.

FOR TECHNICAL SUPPORT  
PLEASE CONTACT  
[ONTHEGO@ICAS.CO.ZA](mailto:ONTHEGO@ICAS.CO.ZA)

ICAS On-the-Go