



Intellect App Navigation Guide

Complete wellbeing support for your good days, bad ones, and everything in between

From self-guided tools to one-on-one counselling, personalise the care you need with Intellect

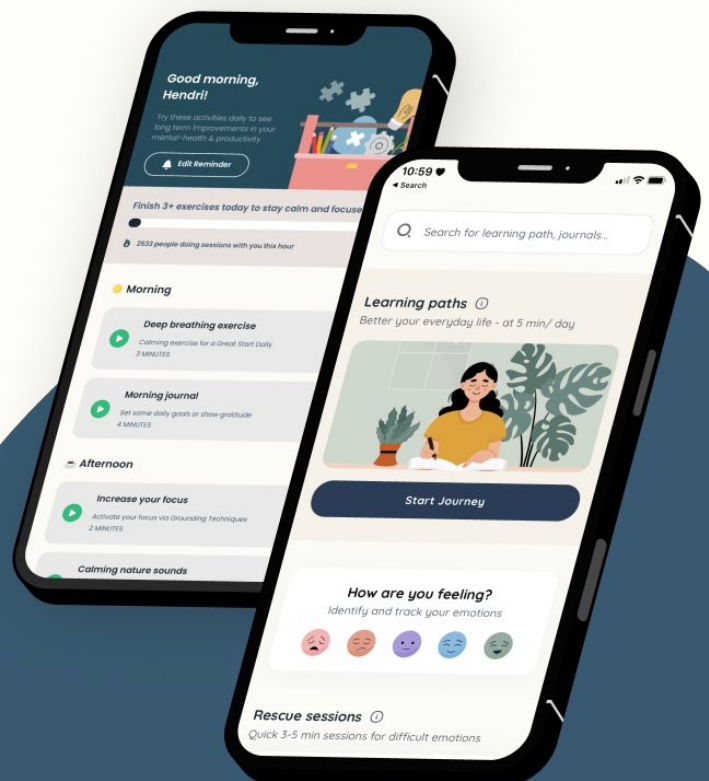
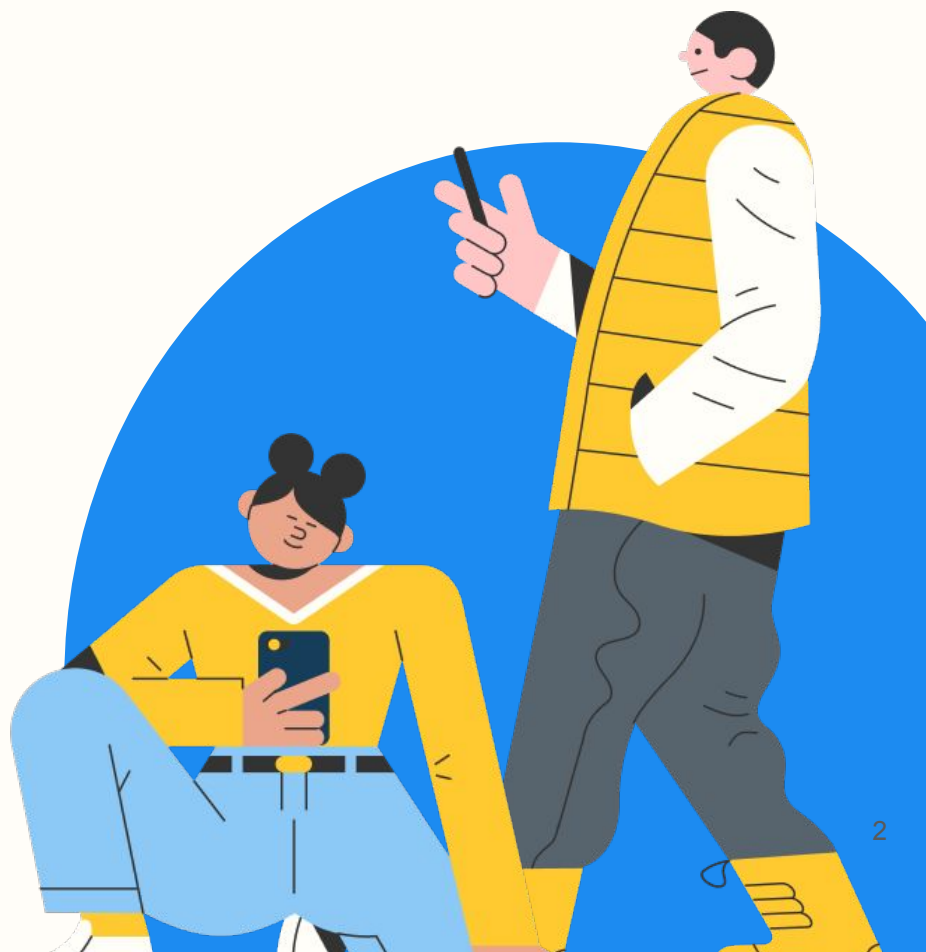


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Intellect Overview



Clinical Sessions

Sessions with Clinical Psychologists & Counsellors who provide treatment to improve one's sense of wellbeing, alleviate feelings of distress, and resolve crises. Some areas clinicians can support you in:

- Depression
- Anxiety issues
- Chronic insomnia
- Trauma
- Eating disorders
- Grief & bereavement



1-to-1 Coaching Sessions

Sessions with certified Coaches, Counsellors, and Psychologists to help you work through challenges, better manage emotions, achieve your goals, and thrive. Some areas coaches can support you in:

- Health & lifestyle
- Stress
- Productivity
- Setting boundaries
- Relationships and conflict
- Leadership

Self-guided Tools



Daily Tools

Simple mindfulness exercises for your daily routine such as deep breathing and soothing music.



Wellbeing Check-ins

Track your mood & stress, and get a report of your wellbeing trends.



Personal Insights

Identify your key strengths and areas of growth, get a personalised plan, and track changes over time.



Rescue Sessions

Stand-alone sessions for in-the-moment support.

- Procrastination
- Feeling lost
- Stress and more



Guided Journaling

Gain deeper understanding of your thoughts & feelings.

- Gratitude
- Problem-solving
- Emotions and more



Learning Paths

To build skills for everyday challenges and resilience.

- Emotion regulation
- Decision-making
- Healthy habits and more

Get Started: Set Up Your Account

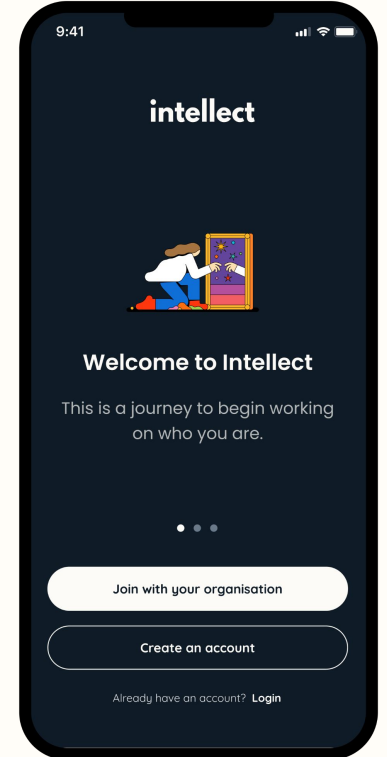
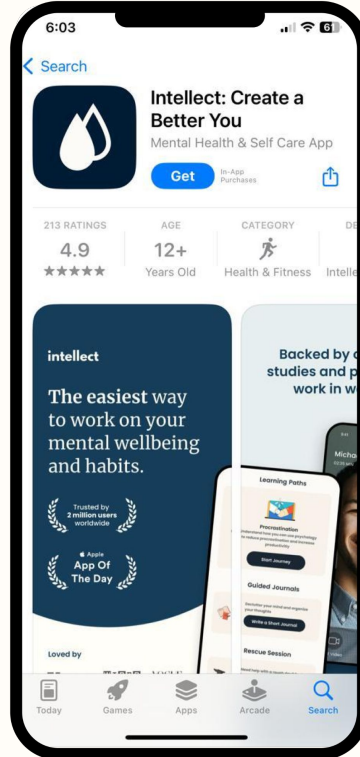
Step 1: Install the app

Step 2: Select Join with your organisation

Scan the QR Code

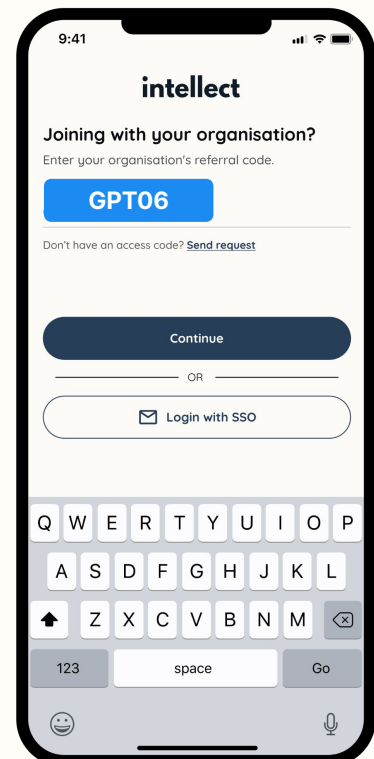
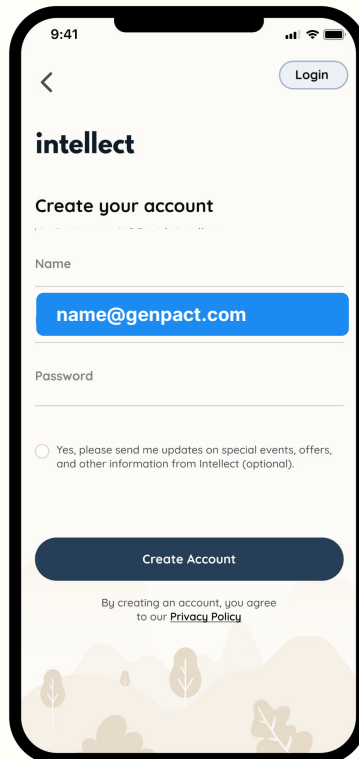
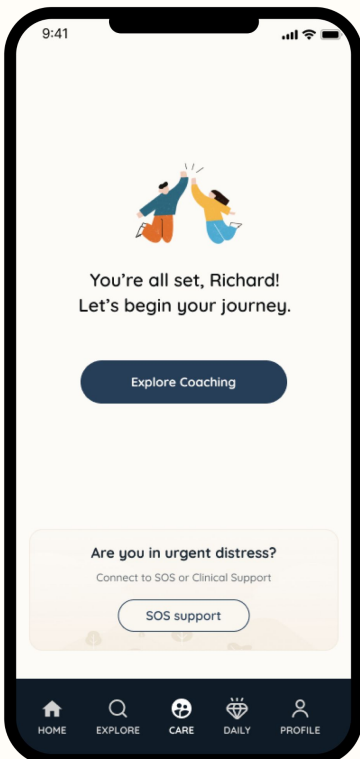


OR
 Visit <https://intellect.co/success/>
 using your mobile phone
 OR
 Search for "Intellect" on your
 mobile phone application store



**Step 4: Sign up with
 your work email
 (name@genpact.com)**

**Step 3: Enter code GPT06
 and tap Continue**



Self-guided Tools: Personal Insights Quiz

1 Complete the Onboarding Checklist
Have a taste of the different Intellect app features at your fingertips!

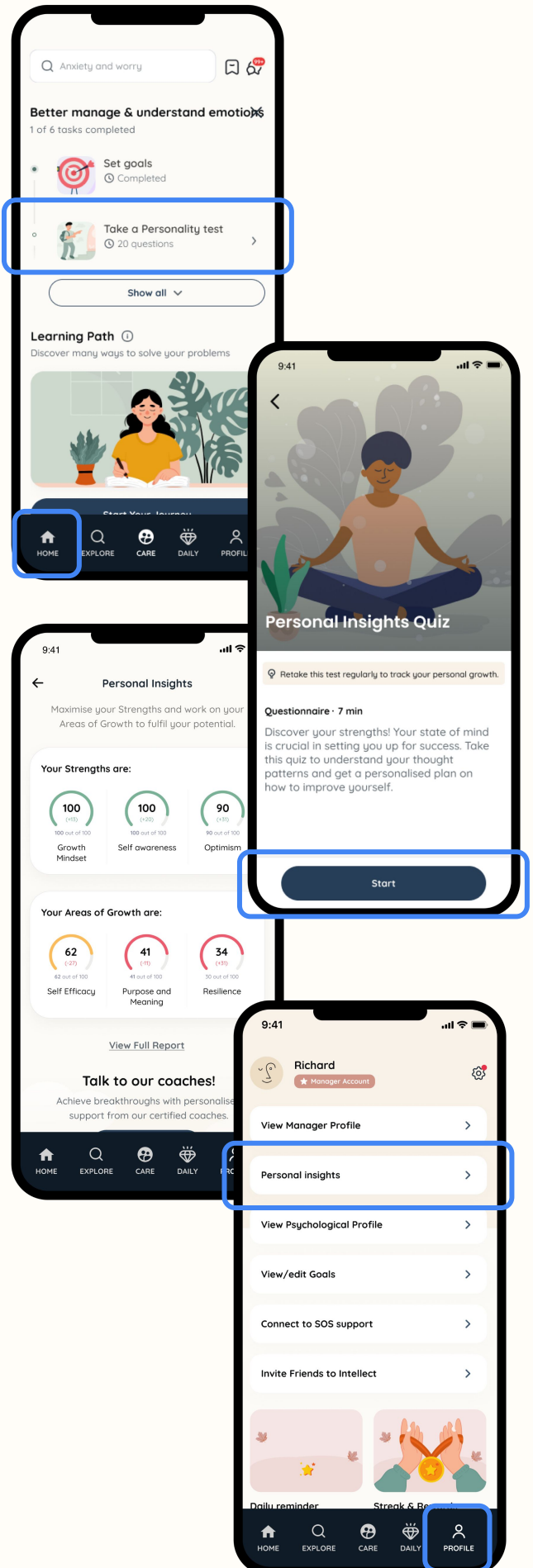
2 Get started with an initial Personality Test
Start your journey of self-discovery and personal growth with a personality test.

3 Understand yourself better with Intellect's Personal Insights Quiz

4 Receive a personalised Wellbeing Report
This highlights your strengths and areas of growth, and provides a personalised plan.

Continue your self-development journey by trying the recommended sessions!

5 Track your progress
Take the Personal Insights Quiz **monthly** to continuously take stock of your wellbeing, track your improvements, and get personalised recommendations on how you can grow.



Self-Guided Tools



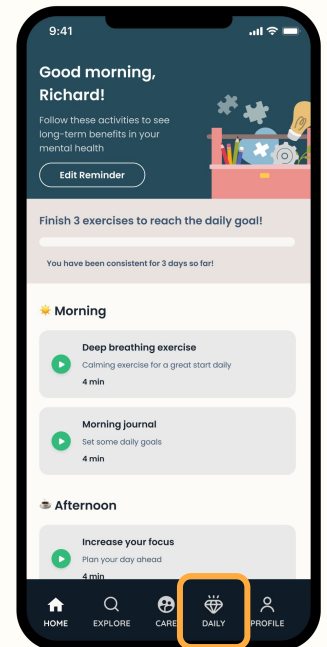
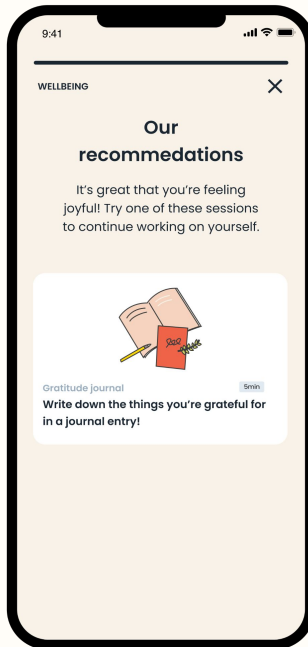
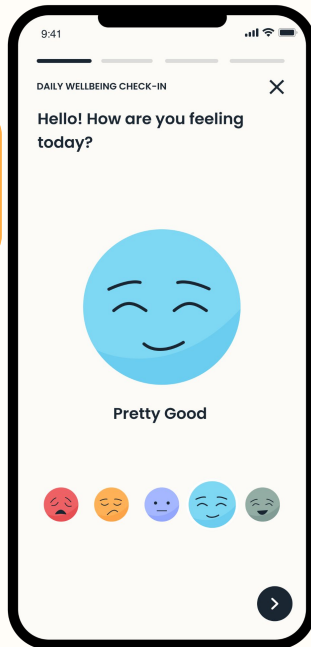
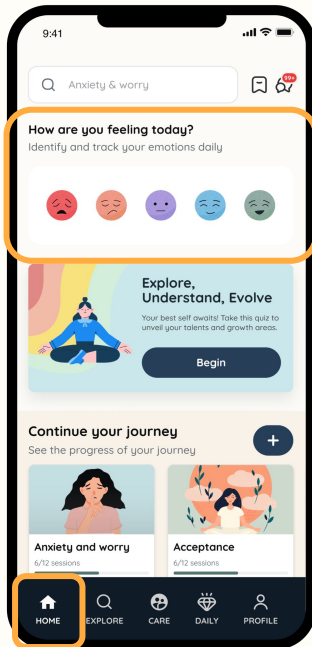
Wellbeing Check-ins

Track your mood & stress, get a report of your wellbeing trends, and get recommendations from the Home tab each day.



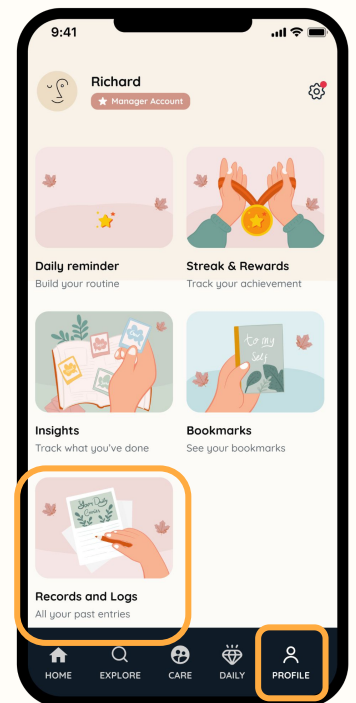
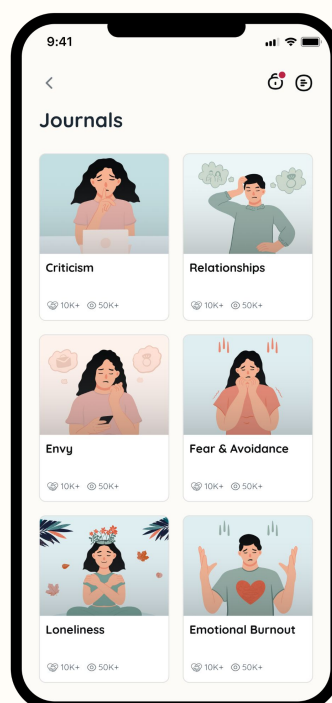
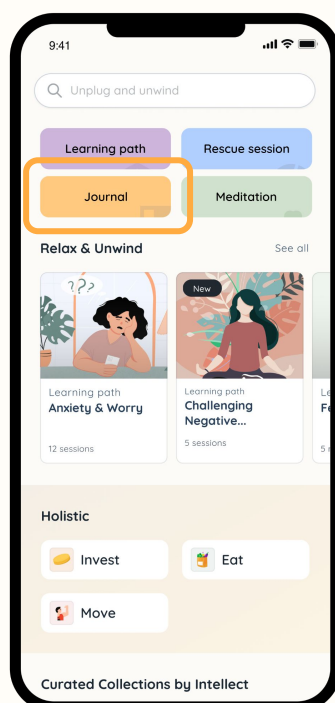
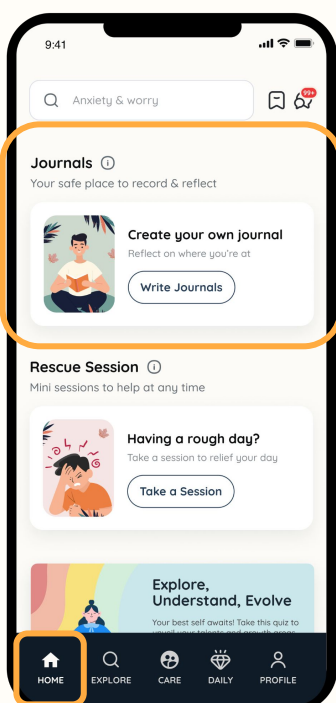
Daily Tools

Access simple and quick mindfulness exercises any time of the day, every day, right from the Daily tab.



Guided Journaling

Reflect on your thoughts and feelings on a variety of topics like gratitude, problem-solving, and more. Search for journals in the Explore tab, and access your journal logs from the Profile tab.



Self-Guided Tools



Rescue Sessions

Access stand-alone sessions when you need a quick pick-me-up or in-the-moment support for a variety of challenges:

- Procrastination
- Feeling lost
- Stress & overwhelm
- Criticism
- And more!



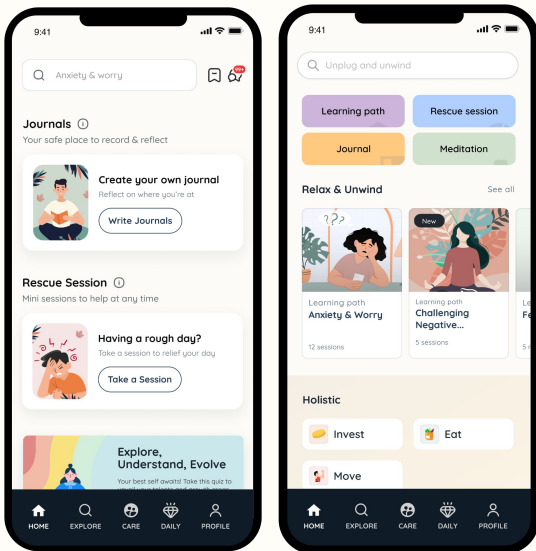
Learning Paths

Use these curated multi-part content plans to work on your habits, behaviours, and build skills for everyday challenges and resilience:

- Emotion regulation
- Decision-making
- Healthy coping mechanisms
- Body image
- And more!

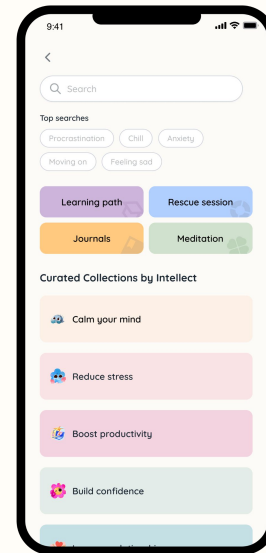
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Access these tools from the Home or Explore tab.



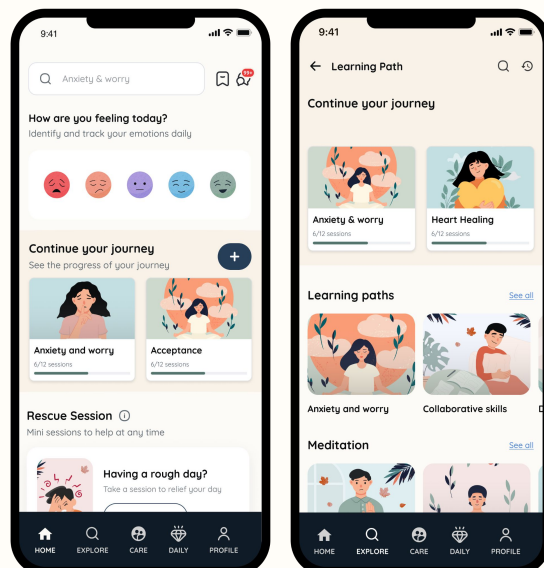
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Search for topics, browse by content type, or check out Intellect's curated collections



3

Pick up where you left off from the Home or Explore tab at any time



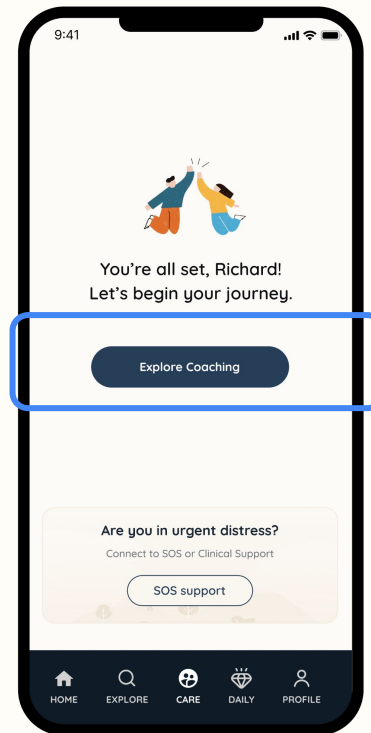
1-to-1 Coaching Sessions

1

Tap on Explore Coaching.

Answer a few short questions based on your needs, goals, and language preferences*

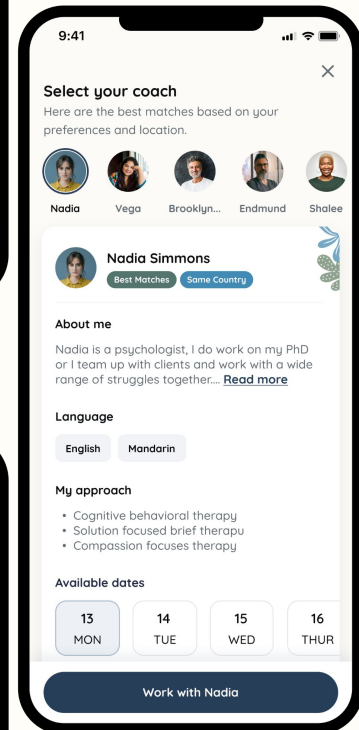
**English, Malay, Mandarin, Hindi, Tamil, Cantonese, Bahasa Indonesia, Bengali, Vietnamese, Thai, Japanese, Korean, Spanish, French.*



2

Browse the list of shortlisted coach profiles.

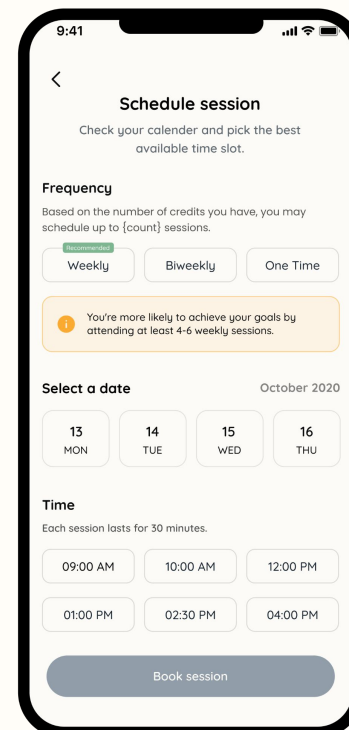
Intellect matches you with coaches that best suit your needs.



3

Select a coach.

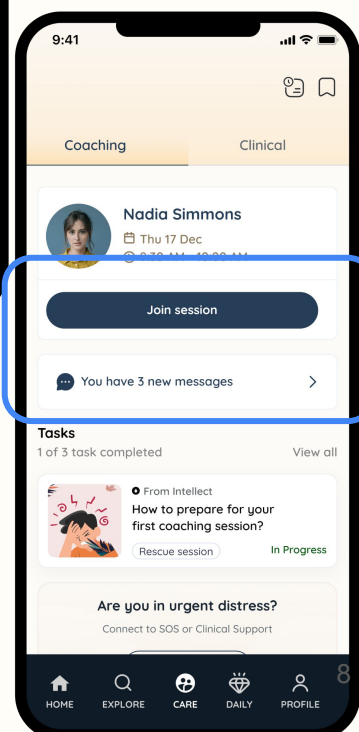
Don't worry, you can always change coaches later on.



4

Book a session (or more).

Choose a time that works for you. After booking your session, add it to your calendar right from the Intellect app so you don't miss your session.



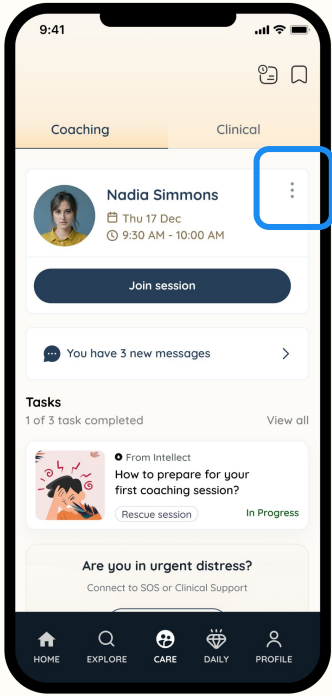
5

At the time of your session, go to the Coaching section of the Care tab and tap Join Session.

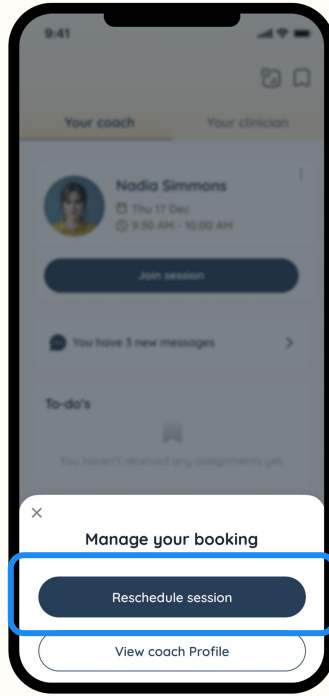
You can always chat with your coach via the Intellect app at any time, and your coach will respond within days.

How to Reschedule a Coaching Session

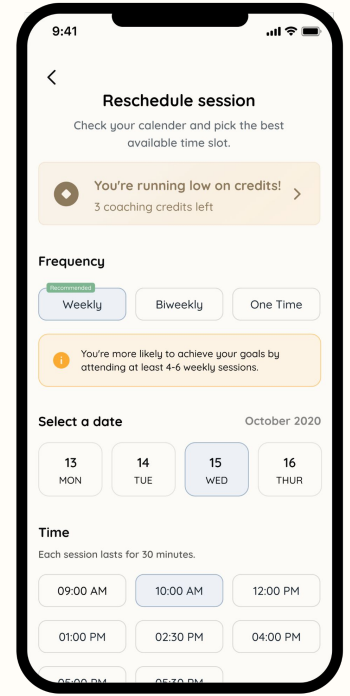
1 Tap on the three dots on the coach card in the Care tab



2 In the pop-up, tap Reschedule session

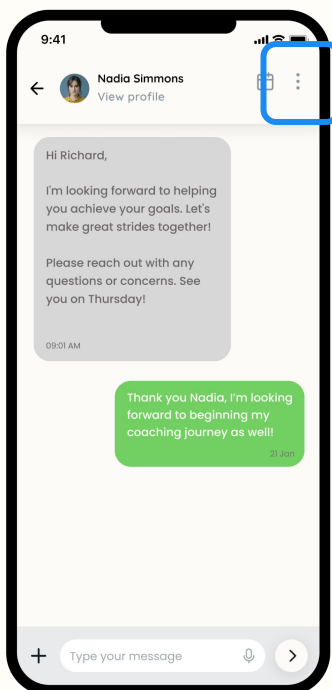


3 Choose the new date and time that works for you

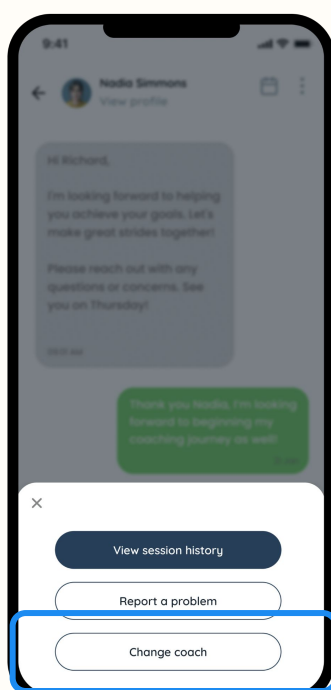


How to Change Coaches

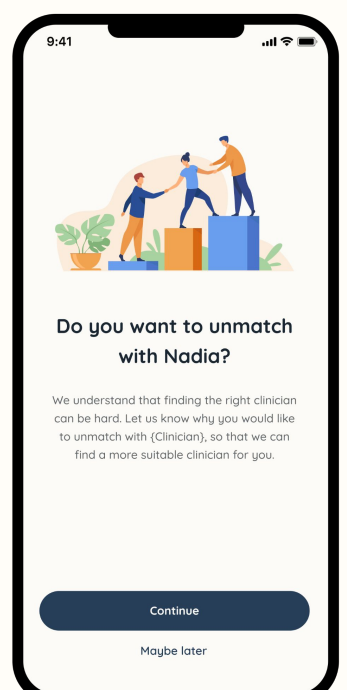
1 Tap on the three dots in the top right corner of the chat



2 In the pop-up, tap Change coach



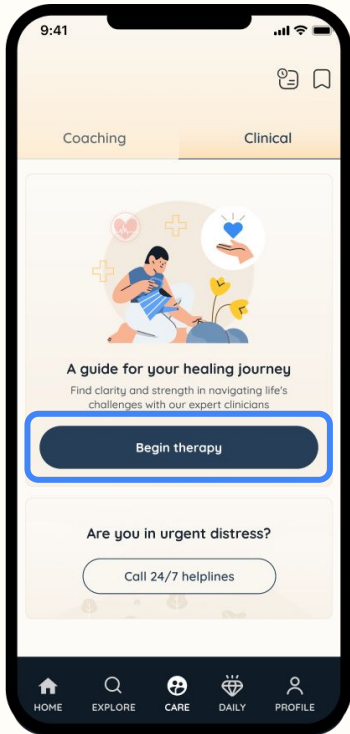
3 Click continue, then select a new coach



Clinical Sessions: Virtual

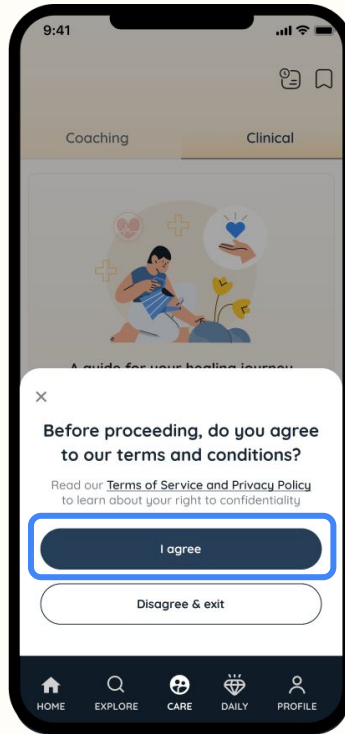
1

Go to the Care Tab, select Clinical, and tap "Begin therapy"



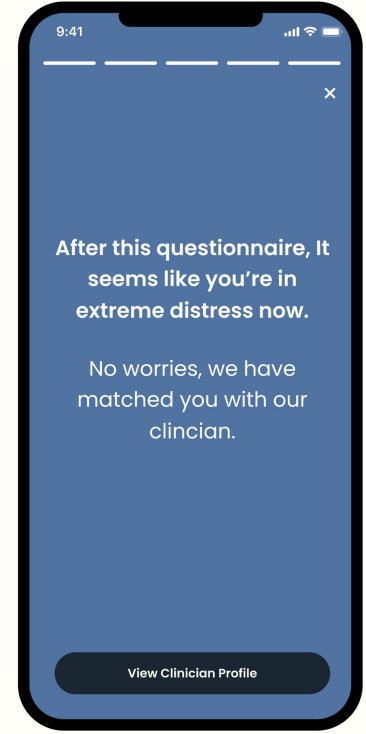
2

Select "I agree"



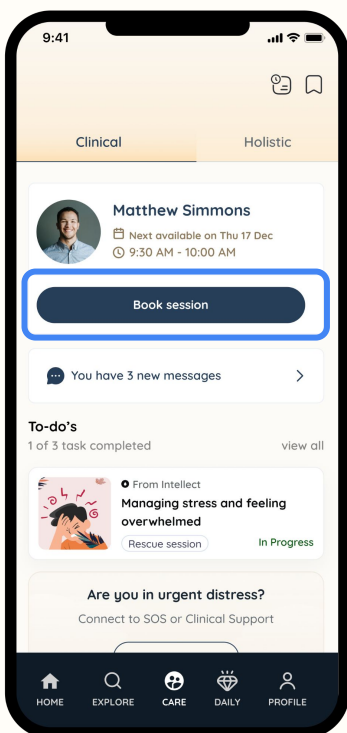
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Complete a questionnaire to be matched with a Clinician



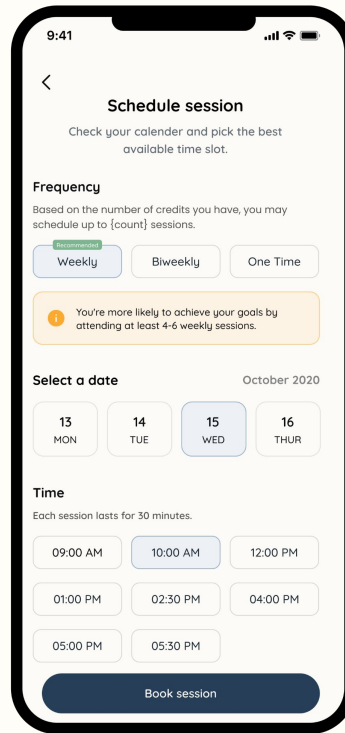
4

Chat with your Clinician anytime on the Care tab. To book a video session, tap Book session



5

Select your desired frequency, date, and time, then tap Book session



6

At the time of your session, go to the Care tab and tap Join session

