

Fika

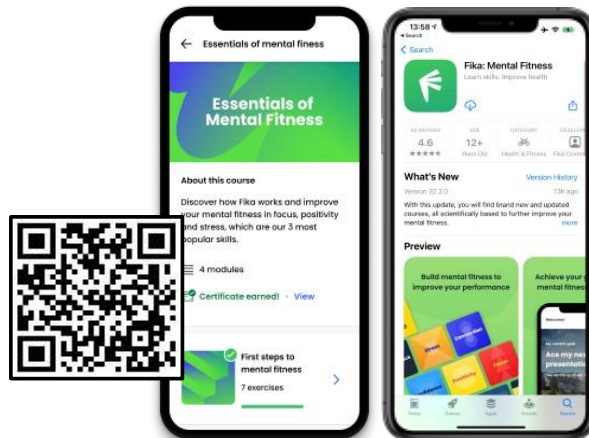
Fika Mental Health Fitness App

Please see below guidance on how to download and access the Fika app.

Step 1: Download



Download **Fika Mental Fitness** from the [App store](#) here or [Google Play store here](#).
Plus, find out more on the Fika [website here](#).



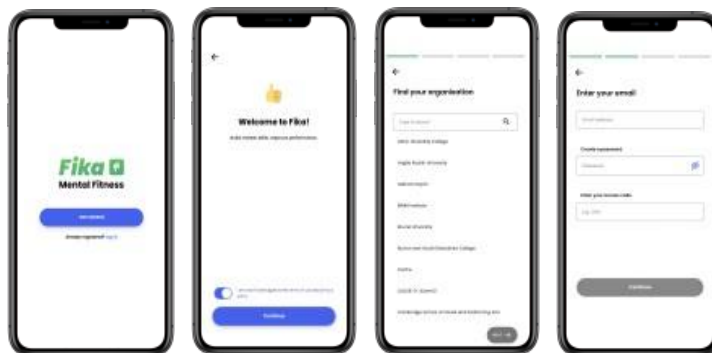
*Please note that the Fika app currently requires the [downloading of a device requirement](#) (this will be widened in the new academic year once the web accessible version has been launched)

Step 2: Register to your institution



- Tap [Get Started](#)
- Agree to age consent, terms and privacy policy
- Find [EPA Plus](#) in the organisation list
- Enter your personal email
- Create your new password
- Enter your access code: [epa-plus](#)

*a verification email will be sent to your institution can take a few minutes to arrive click the link when it does



Step 3: Complete your onboarding and personalisation

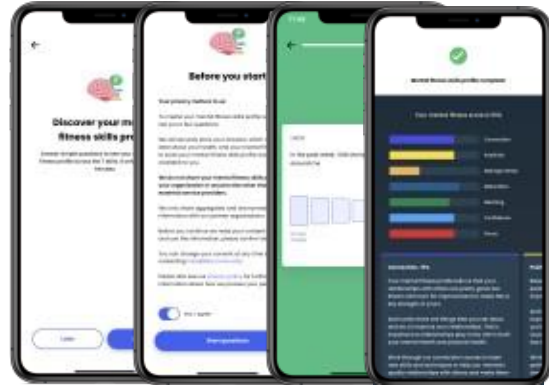
Watch [Dr Fran's introductory video](#) on Mental Fitness and Fika



Set [daily Fika reminders](#)



Complete your first mental fitness profile assessment
 We ask you to repeat this every 7 days, and upon completion of the 2 week course to keep track of your result and progress in the [Profile](#) tab



Step 4: Your fika library

Congrats! You are now a registered Fika user. Welcome to the start of your mental fitness journey.

In your course library you will now see:

The Essentials of Mental Fitness Course
 4 x core courses
 1 x skills certificates to complete

