

WholeLife Directions

JOURNEY TO THE BEST YOU

FAQ



What is WholeLife Directions?

WholeLife Directions (WLD) is a personalized emotional wellness program. This program provides instant access to tools and techniques to help you improve your mental health and overall health. WLD starts with the WholeLife Scale, an emotional wellness survey designed to help you learn more about yourself, including areas where you might be able to make some positive changes.

How long does it take to complete the WholeLife Scale?

The WholeLife Scale will take approximately 5-8 minutes to complete. You can stop, save your results and return to complete it later.

What happens after I take the WholeLife Scale?

The WholeLife Scale will make recommendations to you based on your results. It provides instant access to interactive sessions personalized to your goals. You can track your progress as you work through the exercises. These quick sessions help you work through various problems of work, relationships, and everyday life. They include videos, breathing exercises, and relaxation.

How do I access WholeLife Directions?

WholeLife Directions is easily accessible via App or web. Download the App from Google Play or Apple App Store. Search for “WholeLife Directions” or visit www.wholelifedirections.com.

What if I forgot my password?

If you forget your password there is a password recovery link at the login screen. Click that link and you will be emailed a recovery link. If you have any difficulties, contact techsupport@cascaDECENTERS.com

Will my data and results be kept confidential?

Absolutely. Your health is personal - and we understand that. WholeLife Directions is fully HIPAA compliant and your information is protected in accordance with all applicable privacy laws. Your individual results will never be shared with your employer or anyone else.