

Let us help

workhealthlife.com

24/7 access to Employee Assistance Program (EAP) support, tools and resources.

The EAP website, workhealthlife.com, provides you and your family with anytime, anywhere access to professional counseling, information and resources to help resolve challenges you face.

Key site features and functionality

- Instant, confidential, and secure access to EAP services and counseling
- Resource Center and Tools area that includes: Online Wills and Legal Forms generator, financial calculators, Corporate Perks, Child and Elder Care search, and more!
- Self-Assessments
- Helpful articles and videos on a wide range of work, health, and life topics
- Dedicated Manager area
- Employee Orientation video series to introduce the benefits of and range of concerns that your EAP can help resolve
- Annual wellness calendar and archives of newsletters, mental health microsites, and webinar recordings



You have several ways to access EAP support on workhealthlife.com:

- **Chat** online with a counselor



Download My EAP app now at your device app store or scan the QR code.



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- **Email** your support request
- **Text message** with a counselor

Our Care Access Center is also available toll free 24/7.

How to access the site and get started

Visit workhealthlife.com on the device of your choice—desktop computer or tablet. Mobile phone users will be directed to our My EAP app; our support tools on the app have been specifically designed for use on mobile phones.

To gain access to the site, you can register, login, search for your organization (soft login), or browse as a guest. Creating an account or soft login ensures you see the specific EAP services and tools available to your organization. Through the registration process, you will create a unique profile with username and password. Each time you visit the site, login using your credentials to see what's available to you and quickly book services, access online programs, and more.



Connect with us for confidential support or to learn more

Make workhealthlife.com your online destination for EAP support and services.

For immediate assistance, contact us at **1.866.695.6327** or visit workhealthlife.com/MLAEAP.



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