

MEMBER PORTAL & APP

THE DAILY WELL-BEING MOBILE APP AND WEBSITE
AVAILABLE AT NO COST TO YOU!



TELEPHONIC, CHAT AND VIDEO ACCESS

Get help instantly with a multitude of issues including mental health and work/life balance

PERSONALIZED CONTENT AND ACTIVITIES

Multi-language articles, webinars, calculators, videos, assessments and interactive tools focused on your needs

SHOPPING DISCOUNTS

Save money on everything from computers to car rentals, gifts to groceries, electronics to entertainment, and much more.

Your Mental Health and Well-Being Matters!

Easily access 24/7 counseling, support, and personalized content from any device. My Life Expert includes the following daily living resources:



1000+ ARTICLES, VIDEOS,
AND WORKSHEETS



DAILY LIVING AND LIFESTYLE
ASSESSMENTS AND SURVEYS



EVENTS CALENDAR FOR
LATEST WEBINARS AND ONLINE
TRAINING SESSIONS



BUILD YOUR OWN
CUSTOMIZED PROFILE



24/7/35 CONFIDENTIAL SUPPORT



INTERACTIVE CHECKLISTS

VISIT:

| USE CODE:

| CALL THE ASSISTANCE PROGRAM: