

### ALLONE HEALTH EAP:

## MY LIFE EXPERT



FAMILY HEALTH PINANCIAL CAREE

Lengthen Your

**Researchers Explore How** 

Can You

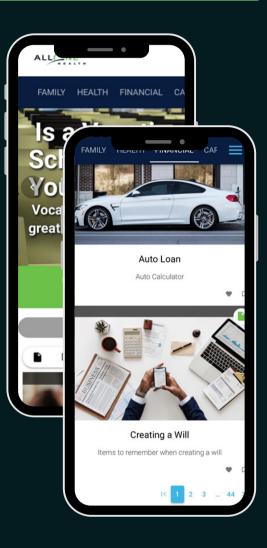
Life?

CHANGING THE GAME IN EMPLOYEE WELLNESS

# WORK/LIFE BALANCE

### MY LIFE EXPERT ALLOWS YOU ACCESS TO:

- THOUSANDS of articles, videos, and worksheets
- Quick Health and Lifestyle assessments and surveys
- Interactive checklists
- Events Calendar for the latest webinars and online training sessions
- Build your own Employee Profile
- 24/7 instant, confidential support



#### TO LOGIN, USE YOUR COMPANY CODE:



ACCESS YOUR FULL EAP BY CALLING: 1-800-451-1834, DOWNLOADING THE APP BY VISITING: WWW.MYLIFEEXPERT.COM OR SIMPLY SCAN THIS OR CODE

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