## **MEMBER PORTAL & APP**

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





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



| CALL THE ASSISTANCE PROGRAM:

INTERACTIVE CHECKLISTS