

# 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: