# **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



24/7/35 CONFIDENTIAL SUPPORT





**BUILD YOUR OWN** 

**CUSTOMIZED PROFILE** 

| USE CODE:

| CALL THE ASSISTANCE PROGRAM: