



Feel supported, connected, and rewarded every single day with expert advice, recommendations and referrals from a confidential **Employee Assistance Program (EAP)**, and convenient access to online resources and tools, including the platform's News Feed, a wealth of wellbeing content, and exclusive Perks and special offers.

## Getting started with LifeWorks is easy!

1. Download the app or visit [login.lifeworks.com](https://login.lifeworks.com).
2. Log in with the username and password below.



To contact the LifeWorks EAP any time, 24/7, for qualified support:

To connect with LifeWorks online: [login.lifeworks.com](https://login.lifeworks.com) or by mobile app

Username:

Password:

For technical support, visit [help.lifeworks.com](https://help.lifeworks.com), and submit a request.

Session with a counselor is scheduled after booking an appointment.