



# Employee Assistance Program



## Accessing my-life-resource.com

### Employee Access:

To login to the Employee version of the website, open your Internet connection and go to:

[www.my-life-resource.com](http://www.my-life-resource.com)

then, login as:

Username:

Password:

From the main page you may:

1. Visit our Enhanced Work/Life area where you can search for Child, Elder Care and many other Services and Resources as well as visit our Virtual Mall and Newsstand.
2. Print over 1,000 helpful resource articles and view the list of hundreds of videos available through our Video Portal
3. Take advantage of our Employee Resources area and view our newsletters, print out our Online Brochure in English, French, German or Spanish, or learn more about the program with our online Orientation Video
4. Visit our Internet Resources area where you can view over 43 financial calculators, contact your physician, consult with a lawyer, review medication information, get Self-Help phone numbers, or view online videos on a wealth of mental health topics.
5. Visit one of our many On-line Service Partners
6. Read Health News articles that are updated dynamically as they are made available.

