

## Employee Assistance Program Overview

### LIVE, IMMEDIATE ASSISTANCE

Access your IMPACT EAP through 24/7 Telephone Support, Mobile App with Chat Functionality, and Web Portal.

### PERSONAL ASSISTANT

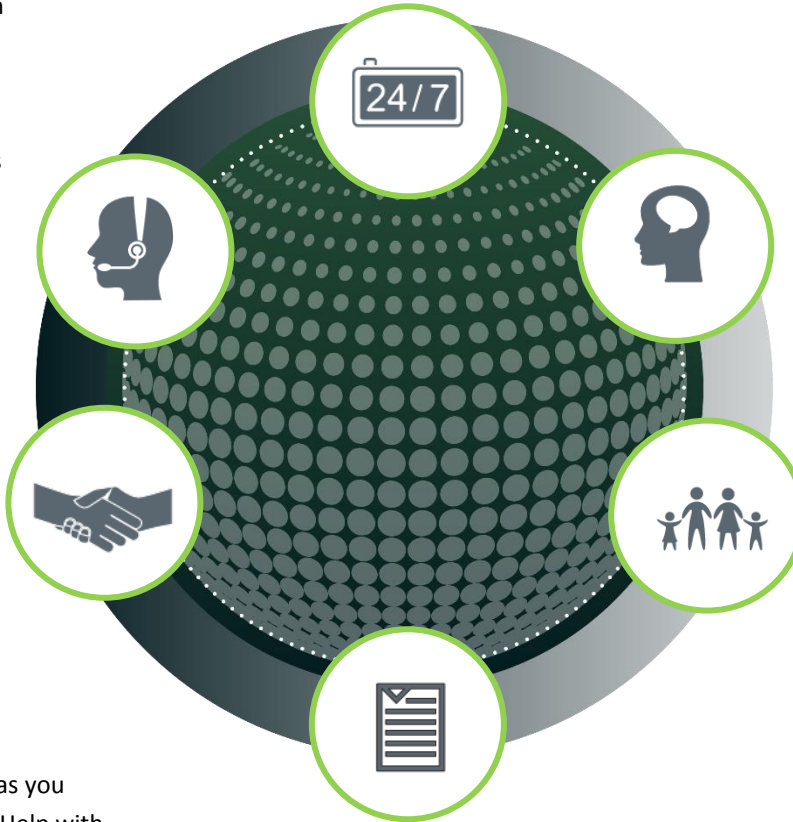
A Personal Assistant helps you with your "to do" list. We help lighten the load through researching the best options for services such as entertainment & dining, travel & tourism, household professionals and more.

### LIFE/WELLNESS COACHING

A Life Coach can help you with mindfulness training to improve your resilience to stress, nutritional guidance, caregiver stress, tobacco cessation, enhancing self-confidence and motivation, time management and more.

### MEDICAL ADVOCACY

Medical Advocates offer support as you navigate the health care system. Help with insurance navigation, health care transportation, durable medical equipment, discharge planning, medical appointment preparation, advocacy and research.



### MENTAL HEALTH COUNSELING

Up to 5 complimentary counseling sessions per person, per occurrence with face-to-face, telephonic, video or chat options. Request counseling services through our mobile app, online support request and chat functionality feature. Automated appointment reminders and follow-up.

### WORK/LIFE REFERRAL SERVICES

Trained work/life specialists provide information, resources, and referrals on a wide range of daily living needs. Services include expert advice and perspective on how to approach a child, adult or elder care situation as well as 3 to 5 prescreened list of providers.

### LEGAL/FINANCIAL/IDENTITY THEFT CONSULTATION

Expert advice from vetted professionals who can help with a wide range of legal matters and financial concerns including identity theft, tax consultation, retirement planning, debt management, budgeting, bankruptcy prevention, housing issues, student loan education and more.

**ALWAYS AVAILABLE, CONFIDENTIAL & AT NO COST TO YOU!**

**24/7 SUPPORT: 800-227-6007**

All employees, spouse/partner, household members, dependents in and away from home, and parents/parents-in-law are eligible to use any of the IMPACT services.

A Benefit Provided By:



# IMPACT Solutions EAP WEBSITE – MyLifeExpert

Visit us on the web at [www.MyImpactSolution.com](http://www.MyImpactSolution.com)

Your Company Code: **uteap**

## HOW TO SET UP YOUR LOGIN

**STEP 1: Visit MyImpactSolution.com**

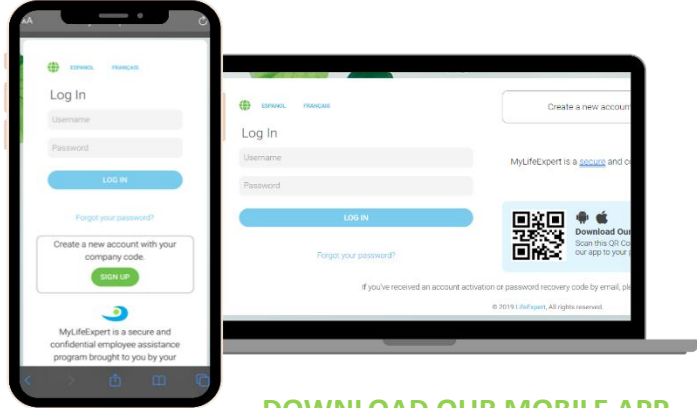
**STEP 2: Click on “MY LIFE EXPERT LOGIN”**

**STEP 3: SIGN UP here:**

Create a **new account** with your company code.



**STEP 4: Enter your Company Code: uteap and follow the instructions in your activation email. YOU ARE DONE!**

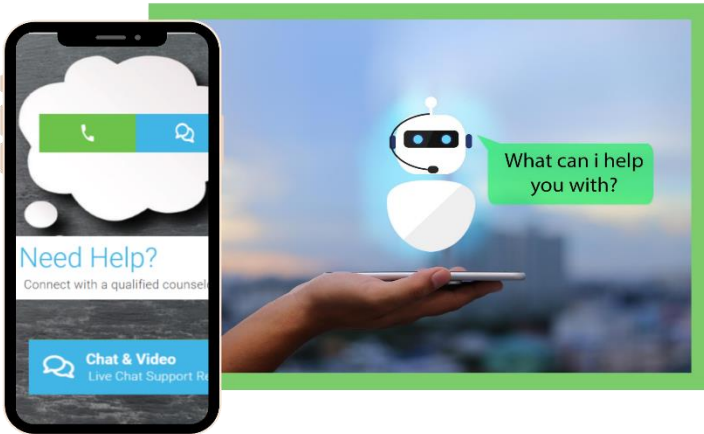


## DOWNLOAD OUR MOBILE APP



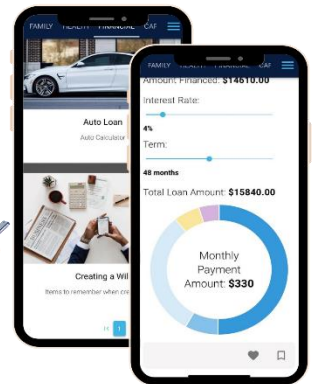
How can I access MyLifeExpert from my phone?

Scan this QR Code or visit [mylifeexpert.com](http://mylifeexpert.com) from your mobile device to download our PWA to your home screen.



## THOUSANDS OF WORK/LIFE RESOURCES

Vetted articles, videos, calculators and worksheets. Quick health and lifestyle assessments. Webinars, soft skills courses, resource locators and our popular “Discount Center” and so much more.



## INTERACTIVE CHECKLISTS

Life Expert provides you with interactive tools to help with issues such as family, health, and other life situations.

