

IMPACT Solutions EAP WEBSITE – MyLifeExpert

Visit us on the web at MyImpactSolution.com

Your Company Code: **cwrueap**

HOW TO SET UP YOUR LOGIN

STEP 1: Visit MyImpactSolution.com

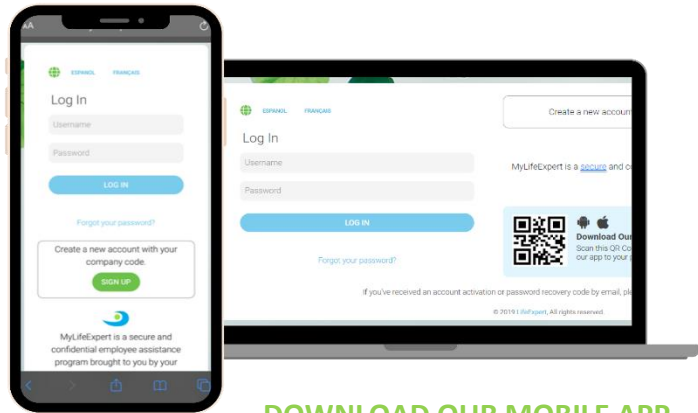
STEP 2: First time users **SIGN UP** here:

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

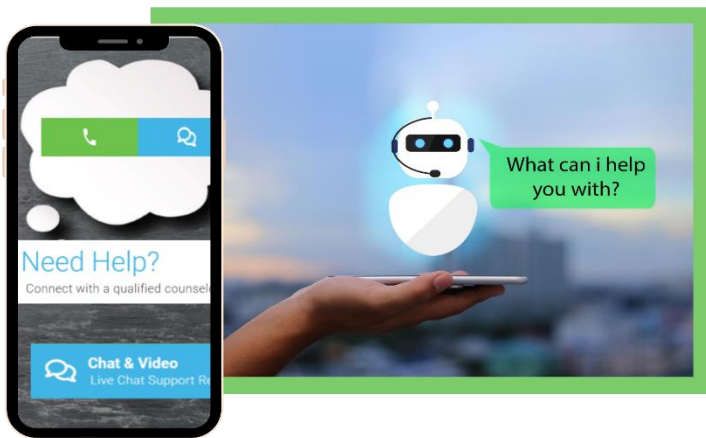


STEP 3: Enter your Company Code: **cwrueap** and follow the instructions in your activation email.

YOU ARE DONE!



DOWNLOAD OUR MOBILE APP

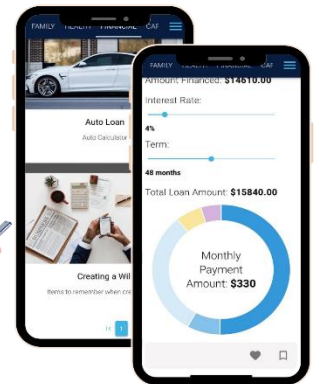


THOUSANDS OF WORK/LIFE RESOURCES

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.

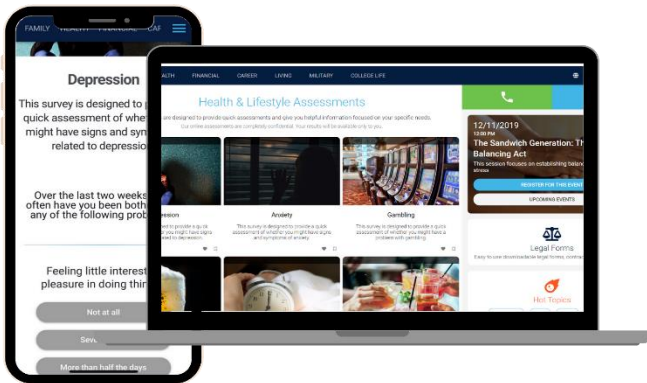


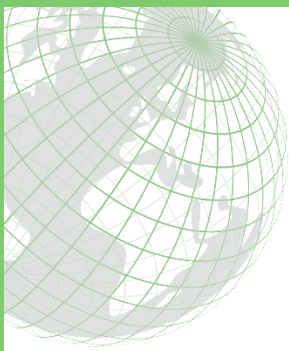
How can I access MyLifeExpert from my phone?
Scan this QR Code or visit mylifeexpert.com from your mobile device to download our PWA to your home screen.



INTERACTIVE CHECKLISTS

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





Employee Assistance Program Overview

LIVE, IMMEDIATE ASSISTANCE

Access your IMPACT EAP through 24/7 Telephone Support, Mobile App with Chat Functionality, and our mobile friendly web portal.

PERSONAL ASSISTANT

Unlimited access to a Personal Assistant who 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 develop & achieve life goals that impact your wellbeing such as mindfulness training to improve your resilience to stress, nutritional guidance, caregiver support, tobacco cessation, enhancing self-confidence and motivation, time management and more. *(Subject to EAP counseling session model)*

MEDICAL ADVOCACY

Unlimited access to a Medical Advocate who offers 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.

LEGAL CONSULTATION

Complimentary 30-minute consultation with a licensed attorney in your state. Discounts on most on-going legal services.

MENTAL HEALTH COUNSELING

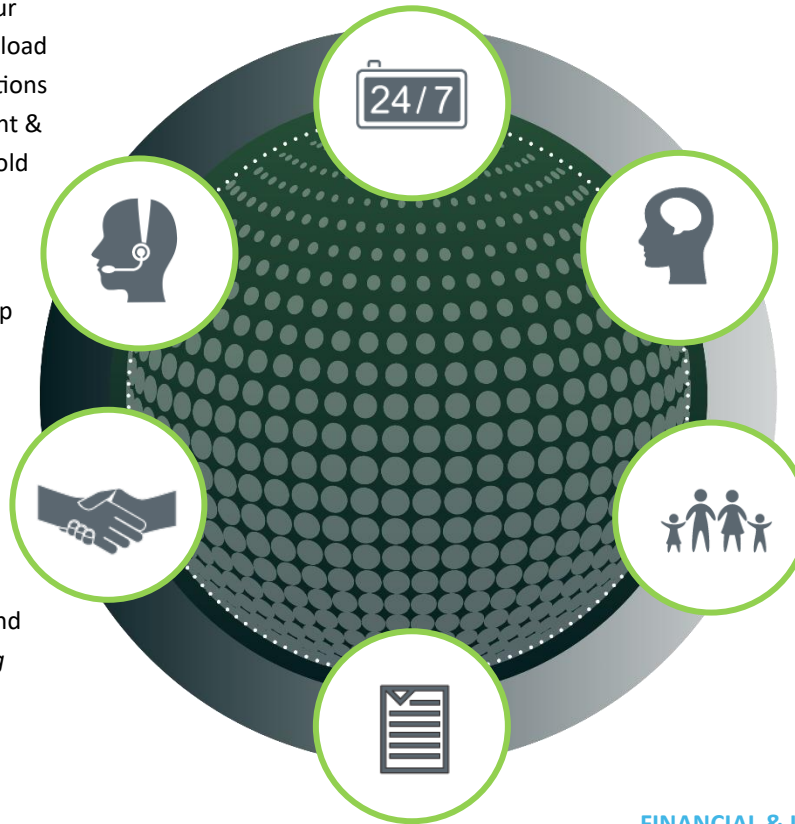
Up to 5 complimentary counseling sessions per person, per occurrence with face-to-face, telephonic, video or chat options. Request counseling services through our mobile app, online support request and chat functionality feature. Automated appointment reminders and follow-up.

WORK/LIFE REFERRAL SERVICES

Unlimited access to trained work/life specialists who 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.

FINANCIAL & IDENTITY THEFT CONSULTATION

Unlimited access to financial counselors who can help with a wide range of 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 eligible employees, spouse/partner, dependents, household members and parents/parents-in-law are eligible to use any of the IMPACT services.