

# IMPACT Solutions EAP WEBSITE – MyLifeExpert

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

Your Company Code: **cwrueap**

## HOW TO SET UP YOUR LOGIN

**STEP 1:** Visit [MyImpactSolution.com](http://MyImpactSolution.com)

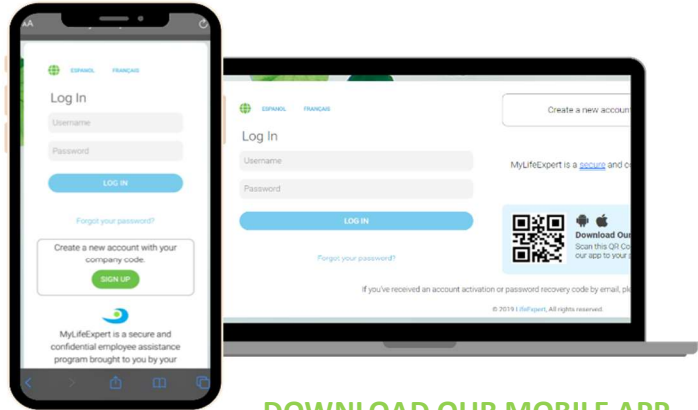
**STEP 2:** First time users **SIGN UP** here:

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

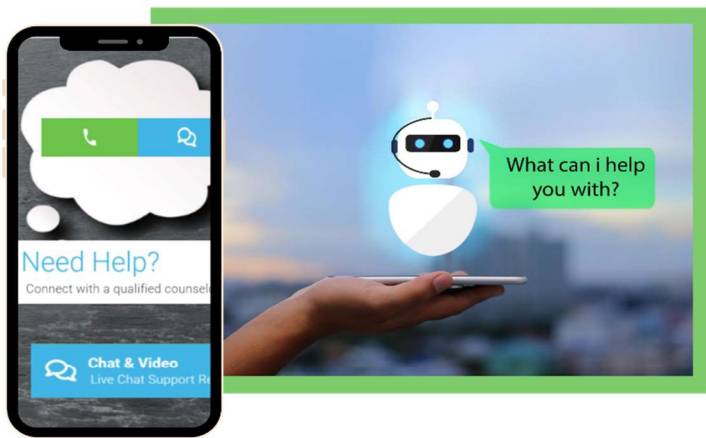


**STEP 3:** Enter your Company Code: **cwrueap** and follow the instructions in your activation email.

**YOU ARE DONE!**



**DOWNLOAD OUR MOBILE APP**

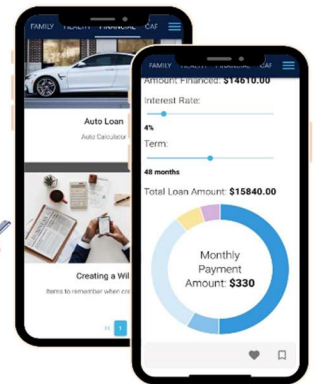


**THOUSANDS OF WORK/LIFE RESOURCES**

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.

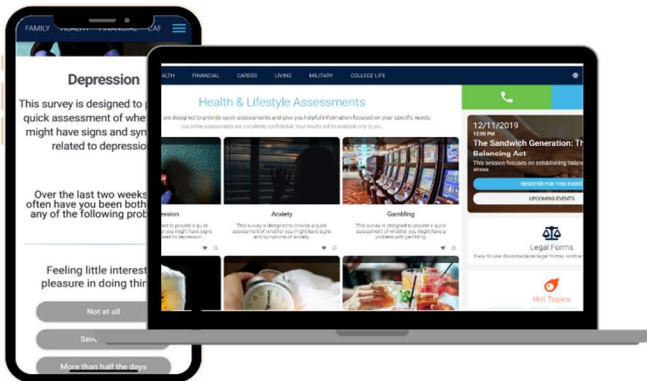


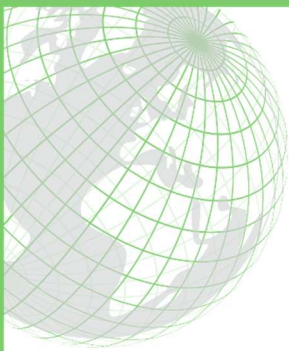
**How can I access MyLifeExpert from my phone?**  
Scan this QR Code or visit [mylifeexpert.com](http://mylifeexpert.com) from your mobile device to download our PWA to your home screen.



**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

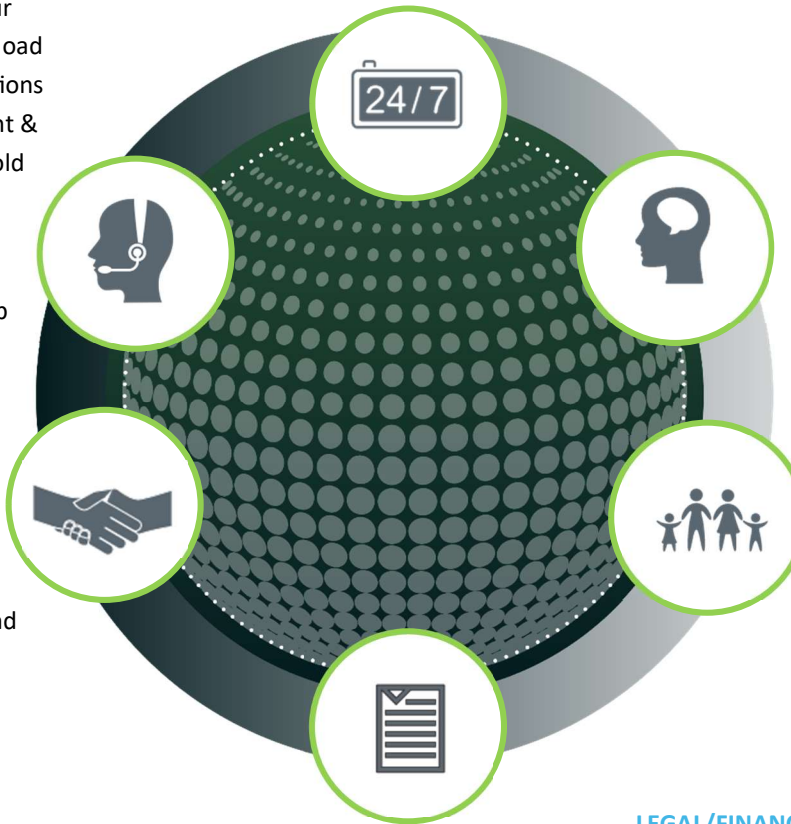
Unlimited access to a Personal Assistant who helps you with your "to do" list. We help lighten the load through researching the best options for services such as entertainment & dining, travel & tourism, household professionals and more.

### 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.



### MENTAL HEALTH CHATBOT

TESS is a confidential 24/7 mental health chatbot that coaches people through tough times to build resilience, by having text message conversations – similar to texting with a friend. Text "Hi" to Tess at 1-415-360-0023. Enter start code: **cwrueap**

### 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.

### LEGAL/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.

Complimentary 30-minute consultation with a licensed attorney in your state.

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

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

All eligible faculty/staff, spouse/partner, dependents, household members and parents/parents-in-law are eligible to use any of the IMPACT services.