




How to Use Your EAP: VITAL WorkLife Member Site

By Adam Frei, MS, LPC, CEAP

As we continue on our journey through your Employee Assistance Program (EAP) benefit, we come to your one-stop shop for all things related to your well being; the [VITAL WorkLife Member Site](#). Your member login is specific to you (or your family member's) organization. To access your Member Site, click **MEMBER LOGIN** in the top right corner of [VITALWorkLife.com](https://www.vitalworklife.com), or go directly to <https://www.vitalworklife.com/member-login/>

NOTE: If at any time you need your login information simply call **800.383.1908** to speak with one of our dedicated support staff who can provide it to you and answer any other questions that you may have.



ABOUT US SOLUTIONS WHO WE HELP RESOURCES [Member Login](#)

Member Login

If you are an Employee Assistance Program (EAP) or a Physician, Clinician or Provider Well Being Resources Member, login here.

Member Login

Username

Password

Login

WHATEVER THE CHALLENGE, VITAL WORKLIFE IS HERE TO HELP!

Your VITAL WorkLife benefit, offered to you by your employer, is a comprehensive set of well being solutions designed to help you and your family face and overcome life's challenges. All of our confidential services, solutions and resources are free to you and your family members. You can speak with a professional for immediate counseling by phone, or if you prefer face-to-face counseling, all you have to do is ask.

- **Employee Assistance Program Members: 800.383.1908**
- **Physician & Provider Well Being Resources Members: 877.731.3949**

Never hesitate to contact us when you have a question or concern. You won't get voicemail — your call will be answered by a VITAL WorkLife representative who can help you anytime, day or night.

Benefits Overview

Once you've logged into your Member Site you will be directed to the main page (similar to first image below). At the top of this page you'll see blue buttons (My Benefits, Phone Consultation, Counseling etc.) that provides an overview of the resources in addition to the best way to access the benefit.

Online Resources

As you move down the page, you'll see tabs that identify topical areas with our online content. Each topic area comes with numerous articles, online seminars, audio recordings, short eLearning courses and resource guides that allow you to discover and learn more about the different aspects of well being that are of interest to you.

Alternatively, you can also use the search bar at the top of the page to search for keywords of interest.

Choose Language
Go

Search
Advanced Search

My Benefits
Phone Consultation
Counseling
Legal & Financial Benefits
Nurse Peer Coaching
Employer Resources

Contact Us



Call us any time, day or night, for immediate assistance: 800.383.1908

PARENTING
AGING
MENTAL HEALTH
WELLNESS
WORKING
LIVING
INTERNATIONAL





NEWS FOR YOU

Find relevant information about current events. Keep up to date with what is happening now.




ONLINE SEMINARS

Online Seminars are an interactive learning experience you can view at your convenience. Learn about upcoming Online Seminars or browse the On Demand archives.



ELEARNING

eLearning courses can be completed in 15-20 minutes. Each offers a visual presentation, brief online quizzes, and a printable certificate of completion.




CENTERS

- Legal/Financial
- Savings Center
- Locate Providers

View all Centers

Topics & Articles

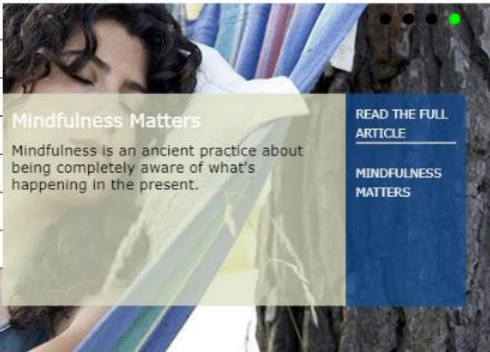
Underneath the VITAL WorkLife logo, you'll see the topics of PARENTING, AGING, MENTAL HEALTH, WELLNESS, WORKING, LIVING AND INTERNATIONAL (as seen below). When you hover your mouse over any of these, you'll see a drop-down menu with numerous related topics. When you click on any topic, you'll be taken to a page with multiple resources for this topic. Two of the resources include:



Call us any time, day or night, for immediate assistance: 800.383.1908

PARENTING
AGING
MENTAL HEALTH
WELLNESS
WORKING
LIVING
INTERNATIONAL

PERSONAL GROWTH
COMMUNICATION
FAMILIES
RELATIONSHIPS
GRIEF AND LOSS
MENTAL HEALTH
ADDICTION AND RECOVERY



Online Seminars

Online seminars are an interactive learning experience you can view at your convenience. Every month you will find a new seminar and you can always access an archive of past seminars.

eLearning Courses

The eLearning Courses are 15-20 minutes, include a visual presentation, brief online quiz and printable certificate of completion. There are a variety of topics to choose from.

Member Site Centers

Each Center allows you to access specific support for the daily concerns that can arise in life. Below we will review two of the Centers available through your VITAL WorkLife benefit. In a future “How to Use Your EAP” article we will cover the Financial/Legal Center and details of your Financial/Legal benefit.

Savings Center

The Saving Center is a discount shopping program available through Perks at Work. Perks at Work partners with many of the online retailers that you already shop with to find discounts and earn points towards future purchases. Whether you’re planning your next trip, shopping for a new cell phone or looking to update your wardrobe, the Savings Center is a great place to start to make sure that you’re getting the best deals on the shopping you’re already doing.

Relocation Center

If you or a loved one are planning your next big move, start by reviewing the resources in the Relocation Center. The Relocation Center offers helpful resources whether you’re planning to rent or buy including how to choose a moving company, how to avoid rental scams, choosing the best neighborhood, mortgage information and much more. To access the Relocation Center or any of the other centers available through your VITAL WorkLife benefit select “View all Centers” on the main page of the VITAL WorkLife member site.

We Can Help

Whether you’ve access your VITAL WorkLife EAP benefit before or are looking to connect with us for the first time, your [VITAL WorkLife Member Site](#) is the perfect place to start your journey towards improving your well being. We encourage you to log in and spend some time reviewing the wealth of information available to you!

For more information on how to access your [EAP](#) benefit or for your company specific login information, contact us at **800.383.1908** and one of our dedicated support staff will provide you with the information you need to take the next step toward a better you.