



Confidential Support for Your Work and Life Challenges

Life is full and fast—and often challenging.

VITAL WorkLife can help you and your family members with Employee Assistance Program resources to support your well-being at home and at work.



5000 West 36th Street, Suite 230
Minneapolis, MN 55416

Anytime. Confidential. Free for you and your family.

We can help you reach new levels of health, well-being and productivity. If you or a family member is facing a challenge—like managing relationships, stress, anxiety, parenting, substance abuse, grief & loss, financial or legal issues—contact us today.

- Counseling • Coaching
- In-the-moment support
- Mobile app • Legal assistance
- Financial consultation & resources
- Member web portal

Call anytime for support.

800.383.1908

Scan the QR code to download the mobile app.

Company Username:



Visit VITALWorkLife.com for online resources.

Member Site Login

Username:

Password: