

# Helping you and your family meet life's challenges

Whatever the issue confronting you or your family members, VITAL WorkLife can help.

## Your Employee Assistance Program (EAP) includes:

- Unlimited phone consultations
- Counseling
- Nurse Peer Coaching
- Educator Peer Coaching
- Legal Assistance
- Financial Consultation & Resources
- Identity theft prevention & support

- Member website
  - 5,000+ articles, assessments, online seminars, audio iles, calculator, downloadables & more
- Mobile app access
  - Access your program resources, take assessments to evaluate your wellbeing and access insights and videos by experts

## Anytime. Confidential. Free for you and your family.

### Call anytime for support.

#### Visit VITALWorkLife.com for online

800.383.1908

Scan the QR code to download the mobile app.

Company Username:



Member Site Login Username:

Password:



